

Brookline Hearing Services
1842 Beacon St.
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Brookline, MA 02445
(617) 232-1299

Brookline Hearing Services

Sound advice for our clients, healthcare professionals and the community



Tips for Dining Out

Eating in a noisy restaurant can be a frustrating experience for someone with a hearing loss. Here are some tips to make that easier, with and without a hearing aid:

Sit in a booth or at a table in an alcove – these seating arrangements provide walls that block some of the noise.

Dine early – restaurants are loudest during peak dining hours.

Avoid sitting by the bar, kitchen or near any open windows.

Avoid sitting next to large parties and children.

Ask for additional lighting and look at your dining companion. Visual cues and lip movements can help understand conversations in noisy environments.



When was the last time you came in for a visit?

We recommend you get your hearing aid checked and cleaned regularly to extend its life. We also recommend that you have your hearing checked at least once a year. As always, as a patient of Brookline Hearing Services we do not charge for this service.

We look forward to seeing you!

What's New at Brookline Hearing Services!



Jenna Hubbard Karcher has joined Brookline Hearing Services. Jenna earned her Doctor of Audiology (Au.D.) degree from the University of Connecticut in May 2014. She graduated from the University of Massachusetts, Amherst, in 2010 with a B.S. in communication disorders and a minor in education. Throughout her graduate career, Jenna trained in a variety of clinical settings across Connecticut and Massachusetts, ranging from small private practices to large hospitals.

Most recently, Jenna spent her clinical residency year at VA Boston Healthcare System in Jamaica Plain. She specializes in adult and geriatric diagnostics and aural rehabilitation and she is experienced in the selection, fitting, and troubleshooting of all hearing aid styles and technologies. Jenna is a fellow of the American Academy of Audiology. Jenna is recently married and resides in Boston with her husband, Phil, and their cat, Jake.

5 Reasons to Consider Updating Your Hearing Aids

Change in hearing: Over time, your hearing may change. Hearing aids can be adjusted to compensate for small changes in hearing. However, a significant decrease in hearing acuity may require new, stronger amplification.

Change in lifestyle: Changes in your everyday life, such as moving to an assisted living facility or starting a new hobby, may warrant new hearing aids. Newer technologies are available to help you better understand your tablemates in the dining room or when playing Bridge in the recreation room.

Hearing aid acceptance: Patients are often amazed by all of the new sounds they can hear with their hearing aids. Over time, the brain adjusts to these unfamiliar sounds and the “wow effect” is gone. Being more comfortable with amplification may influence the level of technology you choose for your next set of hearing aids.

Hearing aid age: Most hearing aids last for five to seven years. Hearing aid manufacturers often discontinue certain hearing aid parts after 8 years, making it difficult to have older hearing aids repaired. Over time, you may find that your hearing aids do not work as well as they used to. After five years, it may be time to think about replacing your hearing aids with newer technology and improved features.

Your health: If you have had a change in your health, either new medications or medical treatments, there may be a change in your hearing loss and/or speech understanding. Newer technologies may be available to address these changes. If you have noticed an increase in problems with dexterity or vision, you may want to consider a different hearing aid style (in-the-ear verses behind-the-ear) for easier manipulation.

Directions:

By MBTA train:
Englewood stop on the
C Line - Green line
(1 stop before Cleveland Circle.)

On Street parking available

Handicapped accessible building

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Check out our website
www.brooklinehearing.com

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How long should my hearing aid batteries last?

For hearing aid wearers, this is a critical question. Multiple factors that need to be determine the expected life of your hearing aid batteries.

Hearing loss severity: Severe to profound hearing losses require greater amplification requiring the battery powering the hearing aid to run at a higher current. The higher the current, the shorter the battery life.

Hearing aid technology: Hearing aids require more current to run when special features, like noise reduction and Bluetooth connectivity are active. The higher the current, the shorter the battery life.

Battery size: Larger hearing aid batteries, such as size 312 or 13, hold more zinc than the smaller size 10 batteries. The more zinc, the longer the battery will last.

Environment: Temperature and altitude can alter the life of your hearing aid battery. Low humidity can cause the battery to dry out; high humidity can cause the battery to swell and/or leak. As altitude increases, the less oxygen in the air and the shorter battery life.

Hearing aid usage: The battery in a hearing aid being worn 8 hours a day will last longer than the battery in a hearing aid being worn 14 hours a day.

Expected Battery Life by Color and Size

Color	Size	Hours	Days
Yellow	10	80	3-5
Brown	312	175	5-7
Orange	13	240	7-10
Blue	675	300	7-14