

INFORMATION FROM

Associated Audiologists, Inc. *"Hearing Your Best for Life"*

## Two Audiologists Join Practice

Associated Audiologists is excited to announce two audiologists are joining our practice, **Karly White** and **Grace McCarthy**. Both are finalizing their fourth-year audiology doctoral externships through the University of Kansas Department of Hearing and Speech, and graduate in May 2021.

### Meet Karly White

**K**arly officially joined the Associated Audiologists Manhattan Clinic in February 2021 after beginning her externship in June 2020. She also completed a third-year student rotation with the practice as a part of the Au.D. program.

"Please join me in formally welcoming Karly to the Associated Audiologists team and our Manhattan Clinic," said Tim Steele, Ph.D., CCC-A, CEO and President. "Her impressive work ethic, dedication, and patient care truly stand out. Because Manhattan is my home community and many patients are family and friends, I'm thrilled that Karly will be providing outstanding care here. She's already building positive relationships and has stepped up to provide the top-notch service our patients expect."

Karly was inspired to become an audiologist during her freshman year of college when she took an introductory course in speech pathology and audiology. "The instructor showed a video of a baby hearing for the first time after being fit with hearing aids, and I was hooked," Karly said. "I thought, 'This is what I want to do.'"

After graduating from the University of Kansas, Lawrence with her undergraduate degree in speech, language and audiology, she worked as a preschool teacher,



### Meet Grace McCarthy

**G**race will officially join the practice in June 2021, caring for patients in our Overland Park, Kansas City North, and Shawnee Mission Clinics.

"Grace is a great example of a patient and diligent young professional. She had an externship upended during the pandemic and still made something happen by doing her externship with Associated Audiologists," Dr. Steele said. "Grace has become a valued member of the teams at Overland Park, North, and Shawnee Mission. Her dependability, strong communication skills, and positive spirit are qualities we appreciate. Our patients are benefitting from Grace's clinical skills and warmth."

Grace also earned her bachelor's degree in speech, language and audiology from the University of Kansas, Lawrence. During her doctoral studies, in addition to serving as an extern at Associated Audiologists, she performed an externship with Children's Mercy Kansas City. Her other experience includes working as a graduate clinician at Midwest Ear Institute and at the University of Kansas Medical Center Audiology Clinic.

She has also volunteered to perform hearing screenings for a number of organizations, including the Medical Mission Foundation Health for Littles Event, Tribal Community Outreach Screenings, and the Wyandotte County Back to School Fair.



*Continued on page 3*

# Hearing Your Best



## Hear Here...

By Tim Steele, Ph.D., President and CEO,  
Associated Audiologists, Inc.

Does it feel like the clouds are lifting? We've passed one year since the world-wide pandemic was declared and like for many of you, it's been a roller coaster for us. Sadly, we've lost patients, friends and neighbors, so I don't want to be insensitive in my comments.

As an organization that provides healthcare, there have been many challenges, but I'm extremely proud of the dedication and sacrifices that our staff has made to keep everyone safe. I also must recognize our loyal patients and customers who have kept our doors open during this uncertain time. Thank you!

As we savor spring and approach summer, it's great to see how life moves forward. We have some changes at Associated Audiologists that fall in this category. We celebrated the work and now retirement of Eileen Young at our Shawnee Mission Clinic in February, and Cindy Seberger at our Prairie Village Clinic in April. They have both been key to helping us serve you and are models of loyalty and dedication.

We also welcome Kacie Malin and Kerry Magee, who will be stepping into these positions. They have some big shoes to fill, but are up to the task. Nicole Sweet also will be moving from Overland Park to our Independence Clinic.

I also want to acknowledge two new audiologists who have joined the practice. Karly White will be serving our patients in Manhattan and Grace McCarthy at Overland Park, Kansas City North, and Shawnee Mission. I am sure you will warmly welcome all of these great people who have joined our team. I am grateful for them and our wonderful staff at Associated Audiologists.

I'm glad to see things pick back up again and ready to unclick the "pause button." It's a wonderful time to re-connect, especially after many of us get fully vaccinated. Our practice remains focused on providing each of you and your loved ones our very best. This not only means personalized care and friendly service, but top-notch hearing technology, outstanding value, and individualized options to make sure you hear your best and keep your balance. We look forward to the rest of 2021 and being "hear" for you. We certainly have a lot to be grateful for and much to look forward to.

*This issue is dedicated to Cindy Seberger and Eileen Young!*

## Reminder!

COVID-19 continues to circulate in the communities we serve. In compliance with CDC recommendations, and for everyone's protection, we are using a health screening questionnaire and ask that all patients and guests wear a face mask or cloth face covering in our clinics.

**Please call your clinic to learn more  
or to schedule an appointment.**



## Don't Forget We Have Curbside Care and Drop Boxes

During the COVID-19 pandemic, the Associated Audiologists team implemented two services that have been so popular, we've decided to keep them.

These include:

- ▶ **Curbside drop-off/pick-up** for hearing aid repairs by scheduled appointment. A staff member can come to your car to pick your hearing aids up, and will return them while you wait.
- ▶ **After-hours drop boxes** are located at all of our clinics in case you need to leave your hearing aids for service or repairs when the clinic isn't open. Please call to confirm drop-off hours.

We also still offer **Urgent Ear Clinic** repairs and service by appointment to keep your hearing aids functioning.

**Call the clinic where we see you so we can  
determine the best way to help you, and to verify  
staff availability before coming in.**



**ASSOCIATED  
AUDIOLOGISTS**

**We are on a mission:**  
To improve lives through  
comprehensive audiology care.

# Red Scarf Reminder



Since 2015, our patients and staff have contributed more than 250 hand-made red scarves to the Red Scarf Project, a multi-faceted charity program that benefits foster youth once they “age out” of the system and go to college. The organization accepts donations of hand-knitted or crocheted red scarves, which are given to the college-age students on Valentine’s Day each year.

If you’d like to help out, scarves are due this year by Dec. 1, 2021 and can be dropped off at any of our seven clinics. If you miss the Dec. 1 deadline, don’t worry. We’ll continue to collect scarves throughout the year and will include yours with our next donation.

Associated Audiologists also is assisting with this project by covering the cost of shipping for the scarves. If you would like to help, but do not knit or crochet, you can send notes of encouragement that can be included with the scarves.

Associated Audiologists has also been a sponsor of a local not-for-profit organization called YouthThrive that helps youth who have just aged out of the foster care system in our local communities transition to independent living. The goal is to reduce the associated risk factors that these young people can fall prey to.

**For more information, call 913-498-2827. You also can find project details and patterns at: <https://www.fc2success.org/programsmentoring-and-support/red-scarf-project/>.**

## **Meet Karly White** *continued from page 1*

considering whether she wanted to become a teacher or an audiologist. In the end, audiology won out, and Karly was admitted to the Doctorate in Audiology program at the University of Kansas Medical Center.

Karly participated in a mission trip in 2019 as a member of a team of audiologists who traveled to Guatemala, providing care for patients who otherwise would not have access to audiology services.

That’s where she first met Dana Jacobson, Au.D., Senior Audiologist. Dr. Jacobson has participated in mission trips several times.

“The mission trip was a wonderful experience,” Karly said. “The people were so appreciative of what we were able to do, and it was a way to improve my audiology and language skills.”

Throughout her externship, Karly has developed an expertise in diagnostic hearing testing and hearing aid technology. She enjoys getting to know her patients and their families, helping them learn about their many options for better communication.

“The thing I love most about audiology is the opportunity to spend time with patients and their families, understanding their situations, and helping them work through their communications challenges,” Karly said.

Karly is originally from Kingman, Kansas, a small town about 40 minutes west of Wichita, Kansas, where her family owns a small chain of grocery stores called White’s Foodliners.

Today, she resides in Manhattan with her cat, Ace. In her spare time, she enjoys visiting area antique shops, hunting for vintage furniture she can refinish and upcycle. In the summer, you’ll find her at the lake, spending time with family.

**To schedule an appointment with Karly, call 785-539-7361 or visit [hearingyourbest.com](https://hearingyourbest.com).**

## **Meet Grace McCarthy** *continued from page 1*

Grace became interested in audiology as a profession during her undergraduate studies at KU. “I wanted to pursue a career in a health care helping profession,” Grace said. “I started out in speech pathology and realized along the way I liked the math, science and relationships I could build with my patients that are all integral to audiology.”

During her externship, she has specialized in diagnosing hearing loss, hearing aid technology, fitting and troubleshooting. “I like the supportive patient-centered culture at Associated Audiologists,” Grace said.

“The audiologists are all knowledgeable, put patients first and use evidence-based, gold-standard care. Seeing a patient’s face light up when they are fit with their new hearing aids for the first time makes me happy. These connections are some of my favorites.”

Grace grew up in Prairie Village, and attended high school at St. Teresa’s Academy in Kansas City. She resides about 10 minutes from her parents in Prairie Village with her cat, “Catalina.” She enjoys spending time with family, as well as baking, going to estate sales, and trying different restaurants’ carry-out fare.

**To schedule an appointment with Grace, call 913-498-2827 or visit [hearingyourbest.com](https://hearingyourbest.com).**



# Hearing Your Best

## TECHNOLOGY UPDATE

Hearing aid technology continues to evolve, advancing so that you can enjoy every word! Here, the Associated Audiologists team summarizes the latest technology and features you may benefit from.



### Widex Moment

The latest generation of hearing aids from Widex, called Moment, restores the sense of more natural hearing as many people remember it. This is a fundamental shift for general consumers plagued by hearing loss at increasingly younger ages. This technology can be especially beneficial to new hearing aid users or those with mild to moderate hearing loss.

#### Benefits:

- ▶ Location services within the app will pull up a GPS map to show you where your aids were last connected to your phone. This is helpful in locating your hearing aids if you've accidentally pulled them off, when removing a mask, for example.
- ▶ Ability to mute your hearing aid mics to reduce interfering sound when streaming a phone call.
- ▶ Directional focus capability to choose the sounds most important to you. This comes in handy if your grandkids are in the back seat of the car, for example.
- ▶ Lowest soft sound knee point in the industry, which provides you the best access to soft speech sounds.
- ▶ Highest bit rate in the industry, giving you the widest dynamic range for optimal sound quality for all listening situations and music.

### Phonak Paradise

This new processor is designed to improve sound quality and boost gain for soft speech. The wearer can switch between two Bluetooth devices and utilize a "tap control" in some levels of technology to start/stop streaming, answer/end a call, or activate a voice assistant.

#### Benefits:

- ▶ The hearing aid mic used during phone conversations allows for hands-free calling.
- ▶ The tap control (tapping the side of the hearing aid instead of a smaller push button or switch) allows for more user flexibility while streaming.

### ReSound One

This new ReSound product has a third microphone built into the receiver wire that fits in the ear canal. There are two mics on the hearing aid and a third fits in the ear canal, which improves directionality and overall perception.

#### Benefits:

- ▶ May reduce wind noise for some users.
- ▶ Uses the natural ear properties to aid with directional focus.

### Signia CROS/BICROS

The Signia Pure CROS is for patients with single-sided deafness. CROS technology is worn behind the poorer ear to detect sounds coming

from that side. It then transmits it to the hearing aid on the other side, allowing an individual to hear sounds from both sides.

#### Benefits:

- ▶ First CROS product that is also compatible with direct Bluetooth streaming from an iPhone.
- ▶ Delivers brilliant sound and speech from every direction.
- ▶ Rechargeable options also available for some models.

### Roger FM

Roger FM is a state-of-the-art wireless microphone that can help boost hearing aid performance and bridge the understanding gap. It is helpful for all, but especially for those with poor speech clarity, a greater degree of hearing loss, or anyone who needs to hear well from a distance. Now with masks and social distancing, anyone who relied heavily on visual information previously (lip reading), may benefit from this technology, too.

#### Benefits:

- ▶ Improves the volume of the speaker over the competing noise.
- ▶ An option available for most existing hearing aid users as an added accessory with your current hearing aids.
- ▶ Demonstration and demo technology are available by appointment.

**Talk with your audiologist about the latest hearing aid technology options so that we can continue to help you hear your best!**

## Time for a Hearing Aid Check-Up?

We recommend that patients be seen every six to eight months, or sooner for anything that is a concern related to hearing or hearing aid performance. When you visit one of our clinics, we will check:

- 1 Your hearing sensitivity. We should monitor your hearing every 18 to 36 months, or sooner if concerns arise.
- 2 Your hearing aids. Your hearing aids should be professionally checked and cleaned every six months. This also allows the audiologist to monitor wax/cerumen. Depending upon the style and model of the hearing aid, these checks often include cleaning the microphones and receivers, changing microphone/receiver filters, replacing earmold tubing, cleaning battery contacts and removing debris from vents.
- 3 If you experience a sudden change in hearing, you should consider it an emergency and schedule an appointment with one of our audiologists as soon as possible.

## Does Lying Down Make You Feel Dizzy?

If lying down or turning over in bed makes you feel dizzy, it could be an indication that you have a common dizziness condition called benign paroxysmal positional vertigo, or BPPV.

This condition can have a major impact on quality of life, even though it is benign. And although BPPV isn't life-threatening, it does increase the risk of falling.

A research study from Sahlgrenska Academy was comprised of 149 patients – 96 women and 53 men – who were referred for ear, nose and throat treatment because of dizziness. In conjunction with being examined, each patient completed a questionnaire composed of 15 questions. The question most clearly connected with the diagnosis of BPPV was the one about whether the patient felt dizzy when turning over in bed.

BPPV typically occurs with a change in head or body position. Episodes last less than one minute. This condition is caused by changes in the balance portion of the inner ear. Calcium carbonate particles, or otoconia, which the ear uses as part of its gravity detector, are normally found in the inner ear. These particles can become displaced and travel into one of the ear's semicircular canals, where they do not belong. BPPV may be the result of the natural aging process, illness, a change in medication, or head trauma. Often, no known cause for BPPV can be identified.

The most popular treatment for BPPV is a simple and painless repositioning maneuver performed by a doctoral-level audiologist experienced in the treatment of dizziness and balance disorders. There are several types of repositioning maneuvers for each canal. Treatment is

canal-specific and is chosen based on the patient's individual circumstances. Many studies have been done regarding the effectiveness of treatment maneuvers for BPPV, with results showing rates of resolution well into the 90 percent range after one to three treatments.

At Associated Audiologists, approximately 80 percent of patients need one treatment, 17 percent will need two, and only 3 percent will need three or more. There are several different repositioning treatment protocols.

Among the 79-year-olds examined in this research, more than half had dizziness and four out of ten had suffered accidental falls in the past year. People with dizziness take more medications, are more tired, walk more slowly, are more afraid of falling and have worse self-rated health than people without it.

**Danielle Dorner, Au.D.**, vestibular audiologist with Associated Audiologists, is a specialist in treating patients with dizziness and balance disorders. She has successfully diagnosed and treated hundreds of patients with BPPV.



### Research Source:

University of Gothenburg. "Simple question can lead to remedy for older adults' dizziness and impaired balance." ScienceDaily. ScienceDaily, 20 May 2020. <[www.sciencedaily.com/releases/2020/05/200520120730.htm](http://www.sciencedaily.com/releases/2020/05/200520120730.htm)>.

**If you are experiencing dizziness or balance problems, schedule an appointment with Dr. Dorner at 816-442-7831.**

## STAFF NEWS

### Retirement Congrats! It Won't be Quite the Same without Them.

**Eileen Young** started at Associated Audiologists in September 2012 and retired from full-time work in February 2021. She's excited to spend more time with her grandchildren. In fact, her daughter just gave birth to a baby boy. Between her son and daughter, she has four grandchildren. She looks forward to having time to travel. Everyone at our Shawnee Mission Clinic will especially miss Eileen's infectious laugh and her positive dedication to patients and the team.



Dr. Tim Steele, Eileen Young  
and Julie Steele

**Cindy Seberger** retired from Associated Audiologists in April 2021. She has been a familiar face for our Prairie Village Clinic patients since 2013, but started with Associated Audiologists in 2008 at our Overland Park Clinic. Cindy and her husband John are moving to Nebraska where their family live. Cindy also is looking forward to spending time with her family and grandchildren. She will also be more available to assist with her parents as needed. Cindy has brought dependability, organization, and tremendous dedication to her position at our Prairie Village Clinic.



Cindy Seberger

### New Faces at Shawnee Mission, Prairie Village and Independence

Three members of the Associated Audiologists administrative team are assuming new roles in our Shawnee Mission, Prairie Village and Independence Clinics.

**Kacie Malin** joined our Shawnee Mission Clinic in November 2020 and has been training with Eileen these past few months. Kacie is a Kansas City native whose background is in teaching, administration and behavioral healthcare. She previously worked as an educator for nearly 10 years. Kaci has a dog named Huxley, a chicken named Salt, and a cat named Twister. She lives near the clinic and enjoys outdoor activities, travel, cooking and family time.

**Kerry Magee**, who was previously based at our Independence and Overland Park Clinics, is taking over in Prairie Village for Cindy. Kerry grew up in Omaha, Neb., and received her undergraduate and master's degrees from the University of Kansas. She and her three daughters have lived in the area for over 25 years. She loves being outdoors, going on walks with her dog, Ace, and also enjoys hiking, paddle boarding, tennis, pickle ball and reading. Kerry has helped cover for Cindy in the past and is excited about working in the Prairie Village Clinic full time.

And last but not least, **Nicole Sweet**, who has been based at our Overland Park Clinic for several years, is transitioning to the Independence Clinic to manage that office. Nicole grew up in the Kansas City area and went to Kansas State University. When the weather gets better, she loves spending time hiking on local trails with friends and family. Over the summer she tries to do some camping and canoeing/kayaking. Nicole looks forward to the transition to the Independence Clinic.

Please be sure to say "hi" the next time you're in.

### Dr. Paul Serving in Ft. Hood

**David Paul, Au.D.**, our audiologist in our Leavenworth Clinic, mobilized to Ft. Hood, Texas in December 2020 as the commander of the 7406 Troop Medical Clinic (TMC). The unit consists of a diverse group of medical professionals which include combat medics, nurses, physicians, dentists and dental technicians, preventive medicine personnel, and even an audiologist. The unit's mission is to provide primary and specialty healthcare services to soldiers who are mobilizing or demobilizing to or from overseas deployments.



Dr. Paul

Due to the unique requirements imposed by the COVID-19 pandemic, the unit is also responsible for COVID-19 lab testing for soldiers and units who are traveling overseas, as well as management of the COVID-19 isolation barracks at North Ft. Hood. The past few months since mobilization have been busy as soldiers adapt to their duties and the rigors of the mission. The third week of February brought Winter Storm Uri, which was a significant event across the state of Texas. Dr. Paul and the 7406 TMC will remain at Ft. Hood for most of the remainder of 2021.

Thank you Dr. Paul from Associated Audiologists and our patients for your service!

# Legislative Link

YOUR LINK TO LEGISLATIVE EFFORTS TO IMPROVE ACCESS TO QUALITY AUDIOLOGIC HEALTHCARE

Here's an update on how we are working to improve access to higher quality audiological care.

By Stacey Baldwin, Au.D.,  
Audiology Legislative Liaison



- Federally we are very excited to announce that the Medicare Audiologist Access and Services Act (MAASA, H.R. 1587) has been re-introduced. This legislation would improve outcomes for beneficiaries by allowing direct access to audiology services and streamlining Medicare coverage policies so that audiologists can provide the full range of Medicare-covered diagnostic and treatment services that correspond to their scope of practice. Contact these local legislators to ask them to support this legislation.

## KANSAS

Sen. Jerry Moran  
Sen. Roger Marshall  
Rep. Tracey Mann (District 1)

Rep. Jake LaTurner (District 2)  
Rep. Sharice Davids (District 3)  
Rep. Ron Estes (District 4)

## MISSOURI

Sen. Roy Blunt  
Sen. Josh Hawley  
Rep. Corie Bush (District 1)  
Rep. Ann Wagner (District 2)  
Rep. Blaine Luetkemeyer (District 3)

Rep. Vicky Hartzler (District 4)  
Rep. Emanuel Cleaver II (District 5)  
Rep. Sam Graves (District 6)  
Rep. Billy Long (District 7)  
Rep. Jason Smith (District 8)

- Locally, we are pleased to announce that our many efforts to pass Kansas SB 77 were successful and has been signed by Governor Kelly. The bill provides an interstate compact that would allow Kansas residents to receive therapy or treatment from an audiologist or speech-language pathologist working out of state if they practice in a state that is part of our compact. This will allow Kansas residents access to highly specialized fields that are not currently available in our state. It could also allow our patients to receive care from Kansas providers while they are traveling to another state that is part of our compact.

This bill will be good for audiologists who practice via telemedicine, patients who are in the military or have a spouse in the military, patients who live near state borders, and those who relocate frequently.



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# Hearing Your Best

## Outreach Update

As more people become vaccinated and restrictions begin to ease surrounding COVID-19, the Associated Audiologists team is resuming some outreach services, providing care at area retirement communities. On-site services include:

- ▶ Consultations regarding state-of-the-art hearing aid technology and hearing healthcare concerns

- ▶ Hearing aid cleaning, maintenance and minor repairs
- ▶ Hearing assistive technology recommendations
- ▶ Wax removal/maintenance and referral when necessary
- ▶ Hearing screenings and visual examinations of the eardrum
- ▶ Hearing aid batteries (*prices vary based on quantity purchased*)
- ▶ Impressions of the ear for earmolds, earplugs and listening devices



**For an up-to-date list of the facilities where we provide care and how to schedule an appointment, call your nearest Associated Audiologists clinic or visit our website at [hearingyourbest.com](http://hearingyourbest.com), navigate to "Resources," and select "Outreach Services."**