

# MAC's Smart Aging

## Tips and Tricks from the *Caregiver Resource Center*

October 2022



You probably have heard the famous line, “can you hear me now?” For many people, as we age, our hearing can be one of the first things to change. Whether it is not hearing what was said on TV or the phone or not fully hearing what the doctor told you; either way, it can be very frustrating. The ability to hear and/or to hear well is one of our senses that you do not truly realize is vital until you start to lose it. We all know how expensive hearing aids can be, but fortunately, there are many other amplifying devices available. The *BeHear Sound Amplifier* is an excellent choice, to help you hear better and with more clarity. It can be worn with hearing aids and is customizable to your hearing needs. The *BeHear* is easy to tune, adjust and handle, allowing for better communication with your loved ones.



Has anyone ever asked you, “Can you turn the TV down?” Whether it’s due to distractions in the room making it hard to hear or you suffer from general hearing loss, a too loud TV can be irritating to others. Fortunately, there is fantastic and helpful solution! The *Sereonic Portable TV Speaker* is a wireless moveable speaker for people who are hard of hearing. Offers options for headphones/ear buds for a more private listening experience. The portability allows you to hear your music or television from anywhere in your home and the crisp clear sound helps you enjoy TV once again!

Give us a call and we will be glad to answer questions about the resources we have. Please call at 410-742-0505, ext 148– Sandra Gay / [sgay@macinc.org](mailto:sgay@macinc.org) or ext 146 - Katie Clatterbuck / [kclatterbuck@macinc.org](mailto:kclatterbuck@macinc.org)

*Disclaimer: The content in this handout is not intended as a substitute for medical advice. Talk to your doctor or healthcare provider before undertaking any type of therapy. We are not endorsing companies. Product description / information provided by manufactures.*