



BHC NEWSLETTER

905-790-7342

News from our Family to yours...

Jan 2024 Issue

January is...

Alzheimer's Awareness Month

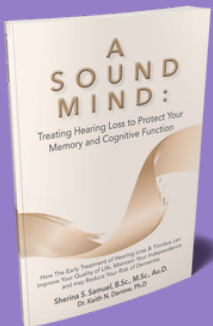
Alzheimer's disease is the leading form of Dementia

The Alzheimer Society of Canada has developed a list of warning signs, to help understand what Alzheimer's disease might look like.

- Memory loss that affects day-to-day abilities
- Difficulty performing familiar tasks
- Problems with language
- Disorientation in time and space
- Impaired judgement
- Problems with abstract thinking
- Misplacing things
- Changes in mood and behaviour
- Changes in personality
- Loss of initiative

*Hearing Loss is the
#1 MOST MODIFIABLE RISK FACTOR
in preventing Dementia!*

STAY AHEAD!
GET YOUR HEARING TESTED
AND START TREATMENT
TODAY



Get a free copy of Sherina Samuel's book, 'A Sound Mind' to share the education with your loved ones.



Helpful tips while caring for someone with Alzheimer's:

- Keep a routine for bathing, eating and dressing
- Plan daily activities that they enjoy
- Listen to their feelings, not just their words



hearing care with a personal touch!

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Insider Exclusive

And the Winner is...!

In December, we were accepting submissions for our holiday giveaway 'The Gift of Hearing', to gift someone with hearing treatment in January. We were so touched by the stories shared and can't wait to select the lucky winner!

Stay tuned...

Symposium Success!

Last September, we hosted our very first symposium and had an amazing turn out! We were so happy to see some familiar faces at our registration table, and to meet new people in our community.



We are even happier to announce that, due to the huge demand, we have reserved a date for our **2024 Spring Symposium!** Look out for an email next month to save the date in your calendars!

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Special Edition

On that note...

We invite you to visit Dr. Keith Darrow's LinkedIn page at the link below to read his article on Preventing Memory Decline!

https://www.linkedin.com/pulse/preventing-memory-decline-dr-keith-darrow-phd-ccc-a-t6nie?trk=news-guest_share-article

Special Thanks

While our team at Bovaird Hearing Clinic reflects on all the blessings 2023 has brought us, we want to extend a special thank you to all of our patients. We thank you for continuing to entrust us with your hearing & cognitive health, and are so proud to be on the journey to *healthy hearing & healthy cognition, together!*

We wish you & your families all the very best for 2024!
Don't forget to book your annual hearing test!

hearing care with a personal touch!