

January 2019



Did you know?



It's Been An Amazing Year!

Thank you for the opportunity to serve you with the CaptionCall phone and service. Many great things happened in 2018 to enhance your CaptionCall experience. Here are just a few examples:

- Added Bluetooth Connectivity for streamers and headphones
- Helped individuals find resources for Low-cost internet solutions
- Capital Sponsor of HLAA's Walk4Hearing Program
- Released the Eddy the Ear Puzzle Books (Ask your hearing care professional if you haven't received one)
- Honor Flight Sponsor for our Veterans
- White Paper by Dr. Frank Lin – ["Hearing Loss and Healthy Aging"](#)
- And who can forget Eddy the Ear's video series

We invite you to stay tuned as we've got **much more** in store for 2019!

Happy New Year

from everyone at CaptionCall



Banana Oat Smoothie

1 Banana
1/4 cup old fashioned rolled Oats
2 tsp honey
1/4 tsp ground cinnamon
1/2 cup milk, fat-free
1/2 cup plain yogurt

Directions:

Smoothie's are fantastic for easy to put together and healthy meals. Just take the ingredients, throw them in a blender and you are done. Feel free to chill before eating.

CaptionCall Blog Highlights!

Save Some Money, Get A Hearing Test!

"Trying to save on health care costs as you age? You may want to have..."

[Click here to read!](#)





People are talking.

Greatest Home phone. Thank you CaptionCall. I highly recommend it.

-Georgia A.

I Have one and it makes a world of difference for me.

-Connie A.

Have mine for over 2 years. It has not cost one cent. It is really free if you have a land line. Great for us hard of hearing to see what someone is saying and not guessing.

-Robert S.

The Caption Call phone is life changing, truly the best free benefit for hearing impaired people. I've had one for over 3 years and love it and the support staff is excellent!

-Debra L.

We are "hear" 24/7 for you.

Captioning service is available 24 hours a day, 7 days a week.

To contact CaptionCall Customer Support...

By phone—Call **1-877-557-2227** or use the "CaptionCall Support" contact on your CaptionCall phone.

By email—Email support@CaptionCall.com or click on the "Customer Support" button below.

Support hours:

Monday–Friday, 7 a.m. to 8 p.m. MT

Saturday–Sunday, 8 a.m. to 5 p.m. MT

Let us know how much you love CaptionCall or why the phone is important to you at cmarketing@captioncall.com. You could be featured in a future newsletter!

Recommend CaptionCall to friends and family!

Share the gift of communication by recommending CaptionCall to friends and family with hearing loss. To begin the application process visit www.CaptionCall.com or contact customer support at 1-877-557-2227.

Tell them to use promo code: CCNEWS

Living with hearing loss.

Making Hearing Loss Goals For The New Year



Have you ever given up on a New Year's resolution? Odds are you have. When it comes to setting goals about your hearing health, you don't want to let anything get in your way. Hearing loss is associated with feelings of isolation and greater stress on the brain which contributes to dementia. Here are some steps you can take to make sure you achieve the hearing loss goals you set for your self.

1. Make your goals specific
2. Measure your progress
3. Share your goals with family and friends
4. Schedule your goal
5. Doing something at all is better than nothing
6. When you slip up, don't give up!

Take the opportunity to make a goal to take action on your hearing. Write your goal down somewhere you will see it to help keep your mind focused.

Need some examples of goals you can make? What about purchasing ear plugs and keeping them with you in case you know you are going to be facing any loud noises? You can also make a goal to regularly visit with a hearing care professional. Good overall health is important for hearing health as well. Eating right, getting a good night's sleep, and exercising are all important parts of good hearing care goals.

No matter what you decide to do stick with it and you will make sure to have a healthy hearing 2019.

Have a tip about living with hearing loss?
Send it to us at ccmarketing@captioncall.com.
It could be featured in a future newsletter!