

**Have you Heard “A Listening Project”**  
**Episode #10/Hospital Visits**  
**Hosts: Jamie Machotka and Alle Rhames**

Jamie (0:02) Hello and welcome to “Have you Heard a Listening Project.” On this podcast we are going share tips, stories and practical advice to help people with hearing loss stay connected. If you or a loved one have a hearing loss or you work with those who have hearing loss this podcast is for you and we’re excited to have you join us. I’m Jamie, I’m one of your hosts and today I’m joined also by Alle (Alle...Hi) Hi Alle! (Alle...hey there). We’re both hearing health advocates and Alle is based in Los Angeles and I am based on the east coast.

Alle (0:35) Oh, I hear it’s pretty cold on the east coast right now, are you hanging in there?

Jamie (0:38) Hanging in, blizzard time!

Alle (0:40) Well, today we’re going to be talking about how to prepare for medical appointments or hospital stays during the pandemic but also beyond and we’re also going to share some extra tips for people with hearing loss. However, I do want to tell you that most of this information will apply really to anyone.

Coincidentally both Jamie and I were recently hospitalized and it was for 2 totally different reasons. So I just gave birth to my second baby and Jamie unfortunately was hospitalized with Covid, crazy (Jamie...yeah)

Alle (1:11) So we’re going to share some firsthand experiences with you guys too. And, first of all Jamie, I’m so glad you’re doing so much better now and that you’re healthy.

Jamie (1:20) Thank you, thank you, it is good to be home from the hospital.

Alle (1:23) Yeah, was it really scary? I mean can you gives a little bit of info of what it was like? Just in general?

Jamie (1:30) Yes, I mean I feel like you went in for the celebration of life and I went in almost for the loss of life not even trying to be funny but you know, it’s a crowded place, people are sick with something we’ve never seen and you don’t know how long you’re going to be there and you’re hoping that whatever they

treat you with will work. So it was, you know and I'll get into the details later, but it was unlike any other time I've ever been to a hospital.

Alle (1:54) Well, I just want to say thank you for sharing your experience with us because number one, I think a lot of people really want to know if they don't already know somebody who has been sick with Covid but let alone know someone that has been hospitalized with Covid just what it was like. So I'm really excited that you're going to share your experience with us. Okay, so we're going to go back and talk about a few different things specifically, but mostly I want to focus on right now just what exactly do you expect when you go to a doctor's appointment, when you go to the hospital any of that but especially during Covid and the pandemic over the last year. So, what was it like? How did we deal with it, etcetera. So I'm going to go ahead and give you some of my experiences.

Jamie (2:40) Just dive in Al, just tell us.

Alle (2:43) I'm happy to do that. It was definitely really different this time beginning in May when I first found out I was pregnant because again, I went in for a pregnancy. I knew that I was going to be having a planned C-section so I knew that my hospital stay was going to be a lot longer than normal. I had to have a planned C-section for just complication reasons and that for me meant that I was going to be staying in the hospital for at least three nights, four days and that was really scary because in May when I knew this I was like I just I don't know. Is the right time to get pregnant? As if there is really one but nobody really knew much about Covid at the time. Hospitals were full or getting full and it was just really scary to think about, will I pick it up? If I like pick up Covid? I mean honestly, if I stay in the hospital things like that.

Jamie (3:35) And like when you went to the doctor to even just in the beginning of your pregnancy, like what weren't those visits at the office so different than you know visits you had before Covid? (Alle...oh totally) taking your temperature and all that?

Alle (3:45) Totally so beginning with the doctor's appointments things were completely different. First of all, probably the biggest thing was that I could not bring anyone to my appointments at the doctor with me. Which was really hard and really sad. So that means my husband or you know whomever your partner

is, nobody could bring their partner to the hospital visits and that means that they can't see the ultrasound which is one of the most exciting parts of being pregnant. It kind of keeps you, you know, monthly you go to see you know either how the heartbeat is or the ultrasound and that's one of the most fun parts about being pregnant because as you become really uncomfortable and you grow and gain weight just looking forward to those monthly appointments literally gets you through the hard times. So without having a partner there, you know, it's a little bit scary to say the least. I will say thankfully because this was my second baby, we had already been through this once and we always try to find a silver lining but that way, you know, Jacob my husband, he knew what it was and so at least we had that experience the first time but we tried to make up for it by Face Timing from the ultrasound room things like that. But that was one of the biggest things really that we had to deal with and then moving forward from there. We were constantly wondering if he was going to be able to be in the delivery room with me because we've kept hearing things change. There were a lot of times that people said "no partners allowed" "no spouses" and I was like that is not going to happen (Jamie...that's crazy) I know

Jamie (5:18) You have no support with the team of doctors, I don't know anyone.

Alle (5:21) Right, and remember mind you, everyone is scared. You know the doctors are scared, the nurses are scared. So I understand why they say that but at the same time, you know, giving birth for me is not the easiest thing and especially when you have to have surgery which is you know a C-section.

Jamie (5:38) I'm not sure is the easiest thing for anyone else either, I'll just point that out but...

Alle (5:42) Some people say it is and I know, yeah, so then it was just very coordinated. So I say that meaning when you show up to the doctor's appointments, the first thing you have to do is get your temperature checked so they give you....

Jamie (5:58) Well the first thing I had to do, did you, I had to call from the car. I wasn't even allowed to go in. First I had to call and tell them I'm here and then they would tell me when I could exit my vehicle to come into the building.

Alle (6:10) Oh interesting, I didn't have to deal with that in Los Angeles. However,

I also want to point out, I think the difference between, you know, I am healthy as far as I knew. I'm healthy no but truly so if you're considered "healthy" and you're going to a doctor's appointment they would allow you in but I do know a lot of my friends that either had Covid here or were sick they are not allowed to come in so you're right Jamie it was the same experience as what you had. They had to call from their car or had their entire appointments in the car. So that's a really good point.

Jamie (6:44) But I will say too, here even when I was healthy and I knew I wasn't sick, you know my wife and I both had the same experience at the dental office, you're going for your teeth cleaning and they were like "you cannot come in, you call from your car and we will let you know when to enter" and I think I appreciated that in hindsight but you know the first time you experience that it's crazy (Alle...Yeah, I know that) that's for me it what really made it real, it's like wow, we really are living in a different world.

Alle (7:10) Yeah, it's unbelievable. Things change so fast, so fast. Okay, so then I want to say once you went in and got your temperature checked, they gave you a little sticker it almost felt like I was a little kid. I mean it was like "here's your sticker" and you're good to go. And there so many times actually I think that I would record a podcast you know with you guys the same day as I went to the doctor and I had my little sticker on and one of you guys would be like "nice sticker" so it was just really funny. Once you got your temperature checked you then had to file single file down the hallway and like a single-file, mind you again, feeling very much like a kindergarten type of coordination, but down the hallway to use the restroom and again social distancing. Everybody is constantly six feet apart....

Jamie (7:57) So, does that mean, somebody had to like walk you down to the bathroom or you just had to make sure that you were spaced you know appropriately from other patients or both?

Alle (8:05) Great question, they allowed us to do walk ourselves down the hallway. However, someone was waiting for you at the end of the hallway. It was just funny, yeah, and then the funny thing was nobody knew what they were doing and nobody really does know what they're doing so (Jamie...that's why I'm

laughing) wait so like I think people were looking around, like am I, are you too close to me? Am I too close to you? Can I touch the door handle of the bathroom? I mean, everything was just so unknown and especially in May. I mean honestly, especially the whole year but it just was a very, a very different scenario oh and mind you, of course, we had to be masked up. So everybody had to wear a mask and (Jamie...yeah) I'll mention one thing too, one of the last appointments I was at, now Los Angeles had really really high numbers for a very long time especially recently but people started double masking and I never did but I was always really nervous because everyone around me was and so I asked my doctor, I was like, is this something I should do? And so you see the things that other people are doing and I just say that as an example because nobody knew what the right thing to do was and it was just you know....

Jamie (9:12) I think we still don't you know and I think I can imagine too for someone who's pregnant. I know at least when my wife was like you are getting bigger and it is already hard to breath. So then you're you know, for some people wearing a double mask is really not a possibility.

Alle (9:26) Oh my God, I'm so glad that you brought that up, actually because one of the issues I had was breathing with a mask on so there were many times where I would sit in the waiting room, again six feet at least apart and then people giving you looks if you get a little too close which is understandable but I had such a tough time breathing and as I looked around me all the other mothers to be were all sitting there holding our masks going (breathing heavily) like trying hard (Jamie...that's rough) because it was just to breath in general. So, yeah that definitely was another big change, yeah.

Jamie (10:00) Well, that's one thing we have in common so for me, I mean...

Alle (10:05) Yes, please cut in Jamie, go ahead.

Jamie (10:07) I'm going to cut in (Alle...yes) cause now my thoughts are going. Well, hopefully people who are listening maybe you've been to an emergency room before, you know, you don't feel well and you go in and before Covid it's, you know, you fill out some paperwork if it's not something life-threatening and then you're seen. And my doctor was the one who sent me to the emergency room and called ahead and said that I was coming and my wife pulls up and is

like drooping me off. We have a child and she can't come in but even if I wanted her to come in, she wouldn't have been allowed to (Alle...right) and you pull up to the emergency department and it looks like a scene out of "Outbreak" that movie?, (Alle...yes) people are, you know and again I know Covid is serious I don't mean to laugh at the seriousness of it but it is shocking (Alle...yeah), you know for me it was and some people are gowned head to toe their several of them and there's nobody I can see that's in what I would call just plain clothes like I am and I get out of the car and they stopped me at my car and they're like, you're not allowed to enter (Alle...that's so freaky) and I was like, also I can't breath and I'm being sent there for Covid. So, also I have a mask on and I'm trying to communicate that my doctor who's called ahead of time and it's for Covid and like I am positive for Covid so you're appropriately dressed and step back you know but to communicate all of that it's a lot in 30 seconds when you're pulling up to the emergency room. So I get to the emergency room and listen I have all the respect in the world for everyone that has to work during all of this and to treat people it's, it's unnerving and it's a terrible time but I am just to prep people, it's like I'm just going to share from my side, you know as we talk about this to walk in and feel like you're the thing people need to avoid (Alle... yeah) it's frightening because I need medical treatment but I feel so awful but at the same time I can understand why people don't want to be near me, you don't want to get this.

Alle (12:04) I'm so glad you said that, Jamie you know, just because I think that's the, one of the elephants in the room is that people, I don't know if you had a guilt factor I know my friends that had it some of them felt guilty for having it. They're embarrassed and the shame factor and it's so sad because it's not your fault at all so I just, yeah.

Jamie (12:24) Well, thank you. I didn't feel guilt. I mean I know for me I did everything I could not to get it and it just happened. So luckily I don't feel guilty because we weren't seeing anybody. I didn't spread it to anybody. I wasn't someone who wasn't taking this seriously. Yeah, we have always been

Alle (12:42) Yeah, you were completely, probably the safest person I knew, yeah

Jamie (12:45) That's correct. Before this pandemic I was a germophobe, after the

pandemic I am on a chart that can't even be recorded. Anyway, so back to the ER, so just checking in getting into a hospital, I have been to the hospital before, that visit was nothing like this one. And the hospital is so busy and so over packed that there are people on beds in the hallways and at the same time the hospital is trying to keep people distanced. So it's a very bizarre thing, to be a part of because you're hoping that they have a bed for you. I ended up needing to be admitted and then I needed to be put on oxygen and every time a medical person had to come in whether it was the nurse or someone to draw my blood or the actual ER doctor, they are dressing in the person protection equipment and they have to take it off after they leave my room (Alle...oh my gosh). I can't tell you so you so I felt bad anytime I needed something I had a call button as a patient I'm trying to be so mindful of like okay if I think I need water or I think I need a towel or I think I need a blanket or I think I need medication, I'm trying to be thoughtful making sure, okay, I'm only going to push that call button once and ask for all of these things at the same time because watching these people having a change in and out of all this gear and they're having to do it for every single room because even if people test negative for Covid and they're there for another reason you just don't know for sure.

Alle (14:12) Wait, so you're telling me that, I'm sorry to interrupt you but you're telling me then let's say they have to dress in their PPE their special PPE to come in to see you to get whatever you need and each time they leave they take that off? (Jamie...yes) to then put it on again if they have to come back in again or a new set (Jamie...yes) wow.

Jamie (14:29) Yes, that's what they did in the emergency room. I was a little different once I got admitted and I was on a different floor but for the emergency room, yeah every single person. So yes, so then I get admitted to a hospital room and then the really crazy thing is as crowded as the hospital is, it also feels empty because at the same time there's nobody in these waiting rooms that still have chairs. They are completely empty, there are signs everywhere that guests aren't allowed and so it's eerie and then once I'm in my room, I'm literally not allowed to open my door at all. My door to my room must stay closed. I can't go for a walk down the hall. I can't go find a restroom on the floor. I happen to have

my own restroom but as hospital patients, they want you to try to get up and walk (Alle...right, yes) I can only walk around my tiny hospital room, I'm lucky that I had my own room and my own bathroom but you know, it felt a little bit like what I think an insane asylum would feel like, (Alle...claustrophobic much?) yeah, claustrophobic you're not allowed to open the door, not allowed to do anything.

Alle (15:34) Hey Jamie, will you tell me because I'm interested to know, what was the check-in process like for you, when you checked into the hospital?

Jamie (15:42) So after I walked pass the outbreak people, I came in contact with another group of outbreak people, that's what I would call the you know, dressed head to toe in all the equipment (Alle...yeah) and those were the people who take your insurance and whatever and they asked me to put gloves on before I handed over my ID and my insurance card, so and rightfully, I mean they're also backing away from me like, you know, I'm showing Alle but for those who they can't see it's like you know, someone who's too close to you and you're going whoa back up (Alle...yeah) they're doing that motion while at the same time trying to hand me a clipboard to fill out my information. So, you know that part was semi-normal they need your ID and your insurance card but then after that they want to be as far away as possible and I sat alone in an empty, you know, like you get your own bed in the emergency room, like I was in one that had again, my room was awesome like outbreak actually in the ER it had a special circulation system, I can't remember the name of it but like I had automatic sliding glass doors, so (Alle...wow) they get to sealed (Alle...wow) there wasn't like, you know, if someone was in the ER there's like oh here's a curtain and if you just roll the curtain back you see the person next to you and you can chat with them and say oh, what are you in for? Nope. I was in like a room with glass doors they were automatic and they sealed each time with a special ventilation system.

Alle (17:04) That sounds frightening, like that would frighten me a little bit. Did they ask you for a medical proxy or a medical plan in case something happened or?

Jamie (17:14) Yes, so after you get checked in and they verify that you're very sick, I'm literally like I can't breathe very well, I'm sweating and again you



remember like I have nobody with me so it's scary and they come in and I'm thinking the first thing I'll tell the ER doctors they're going to ask me, you know, like what are your symptoms? How long have you felt this way? And the first question I get is, do you have a living will? And I'm like what? (Alle...yeah) and they're like, and do you have a healthcare proxy? And that is truly what scared me, you know, like I've never been asked that before (Alle...yeah that's frightening, right) and so for people who don't know, so a living will is a document that tells other people what your personal choices are about end-of-life treatment in case you got there and it also spells out treatments that you would and would not want used on you to keep you alive.

Alle (18:07) Which I'm sure that made you that much more frightened when you were in there.

Jamie (18:10) That's correct, yeah. So then I'm thinking wow, they they probably the only ask people who they think could die, you know, these kinds of questions. So and then the other one is a healthcare proxy is someone who you designate to make medical decisions for you in the case that you can't. So very quickly I had to fill out that paperwork and I recommend for other people in this Covid era, it's a good thing I think just to have in general, you know, just in case something unplanned happens. But yeah, those were the first two things that I was asked by the ER doctor before anything else.

Alle (18:48) Wow, if I can jump in just because I'm gonna relate so they also asked me of course because I was having surgery for a health care directive or plan and, you know, just those words make you feel like, what if something happens? I mean, you just feel nervous, scared beyond what you already were feeling. But I can relate sort of not the same, some of the differences that I found when I actually went to my hospital when I was ready for the surgery that the morning of. So we had to be temperature checked, fully masked up both my husband and I, we were both allowed in, however, a key difference is that we had to be Covid tested 2 days prior to the surgery. So that was really crazy because they have Covid testing all around Los Angeles and I have actually had a few Covid test throughout the months but this one that I went to specifically was at the hospital and just like you said, it was very much like the movie "Outbreak" this

particular one, everyone was dressed to the 9 in their PPE, it was just scary. There were big huge tubes that held the test, which was cool. I was trying to be like, this is cool here and try to make myself feel better but they did the nasal one for anyone who has been Covid tested with the nasal when it goes way up there and...

Jamie (20:09) It sure does they tickled my brain with that one, that's what it felt like.

Alle (20:14) Ha, ha, yeah, yeah, so that was interesting. Another thing with the C-section and some surgeries, they wipe you down, the nurses always wipe you down with these special cloths before you go into surgery. So this time around actually we had to do it ourselves and I remember thinking like what if I don't do it right? Like, what if I (Jamie...that was my first thought) seriously, I don't know, what if I didn't wipe something downright? I...

Jamie (20:36) And you're disinfecting, right? Like, it's like your disinfecting your body, kind of wipe not like a, you know, I sweat a little and I'm patting myself.

Alle (20:43) To this day, I'm going to admit I don't even know what that, I mean yes I imagine that's what it was for, but I didn't, I just was like in such a shock and it was yeah, it was just yes. So just having to wipe myself down it was kind of weird and scary and I had my husband help wipe me down as well but that was one of the biggest difference to remind me between 2018 and 2020. But another thing that I really noticed to that you mentioned was kind of the barrenness. So obviously no guests allowed so all the waiting rooms were empty, the lights where kind of dim....

Jamie (21:16) Well, I imagine especially in like the Maternity Ward, where is like, usually you have these families and the balloons and the noise and then it's just quiet halls.

Alle (21:24) And I keep thinking to myself, oh it'll be fine it'll be like a little vacation stay for myself, in fact I think I even told you that Jamie, I was like (Jamie...I think you did) I yeah and it was not at all. It was so lonely and it was so just different, it was a different feeling overall. So the nurses that would come in they were the only people I could really talk to. So I made friends with them and I was just asking (Jamie...you make friends with everybody) what are you going to

do when you're there for 3 days and nobody else is there (Jamie...that's all you can do) yeah, but I wanted to know what it was like for them because they were actually transferred into the Covid unit in addition to being part of the maternity unit, which I thought was really interesting. I've heard that a lot of hospitals do that because they were, you know, they needed nursing, they needed nurses. They didn't have enough nurses to go around. So every day they would show up to work and they would basically be told that day you're going to this floor or you're going to this floor or you're going to the Covid unit. And so they felt a level of fear that they said they couldn't even express and I'm sure I mean, it must have been horrifying sometimes thinking you know, what am I going to be doing today? Where am I going? And there was kind of a sadness now, remember this in January so this is kind of you know, it has been a long what eight, nine months of dealing with this, it just, there was just a sadness they'd seen so much death. I remember one nurse came in and told me that she was dealing with a mom who just had a baby and the mom was very very sick with Covid. I'll never forget the way she told me she was like this mom is so sick and it just breaks my heart, she said to me and I just felt like God I can't complain. I'm sitting here healthy, you know, but so that was interesting the rotation of nurses was just really crazy. But in the not having not having, you know, any guests there was strange but like you mentioned the walking around they really always encourage you especially after a C-section to walk around well (Jamie...right) this time around they did encourage that but they really encourage walking around your own room. Just like you said and you could take a walk in the halls but you almost have to schedule it with whom else and whomever else was out there at the same time. Whereas before there was some of a camaraderie like in 2018 with my first baby you've be out there, you know, on your pain pills from the surgery like hey guys, how you doing? You know, it was a real friendly vibe. This time, you know, just not so much. So, definitely, definitely different you know.

Jamie (23:53) Yeah, and you know, as I was in the hospital, I'm thinking about the clients that you and I and our team help and I'm thinking, you know, I'm having a hard time hearing and understanding people, you know, everybody's wearing masks and in my case, they're wearing maybe even more PPE than they

were for, you know, where you were and, and I'm thinking you know, what if I had hearing loss like how would I be dealing with that so? I think is....

Alle (24:19) Well, it's funny, sorry, I'm just going to point out something really quick, because as you know Jamie, I, I actually do suffer from with hearing loss. I have a minimal level of hearing loss due to Tinnitus which many people know it's a general ringing of the ears. So I'm so glad you brought that up because when I was there so many times when my nurses would come in or my doctor, I really could not understand them and I had to say, I'm sorry, I can't hear you numerous times because the mask just completely covered everything they were saying and I'm wearing a mask as well. So (Jamie...and there's no lip reading) right, it was so difficult and I will say that the people that worked with me were so kind about it and they remembered and they would tell the next nurse coming in (Jamie..right). So Jamie, since we are hearing health advocates and we are in this industry, what would you suggest as helpful hands for people that are going into hospitals just had to prepare and how to really advocate for themselves?

Jamie (25:21) Yeah, so the first thing I would recommend for people is in case you don't know hospitals and medical institutions and facilities, they have equipment that can help people and that they're supposed to provide and they're actually not allowed to ask you to pay for them. And it's things like assisted listening devices, amplified phones, captioned telephones, dry erase board, if you've got a hearing aid that works with a hearing loop, they have hearing loops even, you know, pen and paper. If you're someone who doesn't speak and you want to be able to write down your questions and you want someone to write, you know, back with a pen you can ask for that. And there's also interpreting services. So I think not enough people know that you can ask for these things and you won't be charged for them. And that's not just in Covid, that's in everyday life.

Alle (26:14) That's a really great point. And if I can just add this is simple but if you come prepared, I know that I was asked to have a list of my medications that I was either on or that I might be allergic to even though your doctor should already have that information is really good to have that information prepared with you in a folder just in case you're dealing with a nurse. I have an example,

actually I know that I specifically was given one medication the last time I had a C-section and I knew I did not react well to it and this time I didn't want to have that medication given to me and thank goodness I did reiterate and tell my nurse because somehow the communication just didn't happen. So, just having all of those things prepared in a folder medications, your healthcare directive, you know, even a paper that says I have hearing loss that you can show someone things like that just be prepared before you go into the hospital.

Jamie (27:10) Yes and I would say especially during Covid now that I've lived through it, you may have trouble if you're someone who can talk you may be so sick that you can't. So, so Alle is spot on you know, bring the button that says you're deaf or hard of hearing, bring other tools because in the case that you can't speak or you don't you've got something really easy and visual and identifiable for lots of different doctors and nurses and people who would be coming in and out to see you it also saves your energy. And then I would also add pack a to go bag, if there's anything I've learned from this (Alle...yeah) have a to go bag, just have it ready because this is an unprecedented time and I had no idea I was going to a hospital. I wish I had a bag ready and in that bag I would include the folder Alle talked about, have a living will ready have health care proxy these are documents you guys can easily google by the way, go on the internet there's, there's free forms, you can also check out our website for them but have those ready and also things you think you wouldn't pack for a hospital visit but I would say pack water and snacks for yourself (Alle...yes) it's not that the hospital doesn't have them, is that they're so overwhelmed and so busy that when you need those things, sometimes it just takes a lot longer for them to be brought to you since you can't just go to a vending machine and get them yourself. And also bring clothing and bring your own underwear if that's for you, that's for me. And again, I didn't know how long I was going to be there and it was awkward to have to call the nurse so many times to ask for you know, new hospital provided gowns. You get sick of wearing those and also in case people haven't been in a hospital before, sometimes it's really hard to regulate the temperature in your own room. So in my, in my to go bag that I know have ready for the future, I have you know a sweatshirt but I also have a short sleeve shirt.

You just want to be prepared because you do not know how long you're going to be there. And for me my own clothes are the most comfortable.

Alle (29:15) And just adding on to that, I actually brought a cozy blanket because I remembered this time about the temperature not being controlled but it also kind of makes you feel a little bit more at home, if you can feel like that at all it gives you that sense of comfort, whatever it is when you are staying in the hospital and you are just wearing hospital gowns. So, it's just a nice little added touch but yeah, just remember to really advocate for yourself because nobody else is going to do it for you, especially if you don't have anybody there with you like your partner.

Jamie (29:48) Yes, oh and I forgot too so for folks who wear hearing aids, I would also bring a hearing aid case and an extra battery. If you have one of those and also a safety pin so that if you have to be taken for any procedures or they have you take them out, you can ask them to pin those to your bed or you know if you're having a test where you can have them pinned to your clothing that way they don't get lost and they stay with you even if they're not in your ears.

Alle (30:16) Excellent point Jamie. Excellent Jamie, this has been so fun I feel it has been so informative.

Jamie (30:22) I hope so it better be because you know for people out there we, we know too many people who I don't know don't take Covid seriously or maybe they do but they haven't been in a hospital and I had some people in my own life they don't realize that these are the different procedures you have to go through even for a simple doctor's appointment people don't think about that.

Alle (30:43) It's very different these days. So for further information on hearing health resources, please visit [oeius.org](http://oeius.org) that's [oeius.org](http://oeius.org) and click on contact. And don't forget to join us next month for another informative episode of "Have You Heard, a Listening Project" we are going to be discussing then how to advocate for yourself or for others in the workplace, that's a good one when hearing loss is an issue. But in the meantime, don't forget to subscribe to this podcast so that you don't miss out. I'm Jamie, thanks Jamie! And I'm Alle and we want to thank you again for join us to day on the "Have you Heard Podcast" and remember to stay safe and stay connected. Till next time guys...bye

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