



Staying home when we can is so important in these times, but the more we stay in, the less Vitamin D we get from the sun.

Vitamin D is essential for our bodies as a whole and if we don't get enough, there can be serious consequences such as weakening of bones. This includes the tiny bones in our ears such as the hammer, the anvil and the stirrup which make vibrations from our eardrum and start the process of sound in

So whether it's by gardening or going for a walk, make sure that every day, you're getting some sun on your skin. Now that the weather is warming up, let us make the most of the time we can spend outdoors.



Don't forget to get in the sun for some Vitamin D! Now is a great time to make the most of your garden.

WOMAN'S HEALTH WEEK

runs from 7 – 12 September

Although women cannot come to the clinic at the moment to get their hearing tested, you can get an idea of your hearing levels from the comfort of your own home, by doing an online hearing test from our website

<https://caseyhearing.com.au/hearing-tests/free-online-hearing-test/>



Happy Fathers Day



Happy Fathers Day to all dads, step dads, fur baby dads, yet to be dads, as well as mums and other special people who play the role of being dads. Hope you all had a fabulous day!

How did you communicate with your dad this Father's Day given the current restrictions?

My father-in-law has hearing difficulties. Doing a video call with the family was really good as only person spoke at a time, we all faced the camera so he could see our faces without masks. The call was made around lunch time so we all benefited from natural light. We all spoke in areas where there was no background noise although we were prepared to mute people if they did happen to have noise in the background that would've made listening difficult.



For all our patients and their partners who have told me that their balance is not so great since you stopped attending dance and other aerobic exercise classes, this is for you.

We know the past 6 months have been difficult. We would like to celebrate the resilience of all those who have been in self isolation, the families who've been juggling work, life and online learning as well as Victorian businesses.

The AusMumPreneur Awards for Victoria will take place on Thursday 10 September. Although we don't know if Khatija is going to win, we would like to thank the Casey Hearing community because we couldn't do what we do without you.

We would like to invite you all to participate in a Jerusalema dance challenge (South African version of the Nutbush) as a way of celebrating. Record yourselves doing it and if you post it on social media please tag @Casey Hearing and use [#CaseyHearingDanceChallenge](#)

[#MasterKG](#)

[#Ausmum2020](#)

For more information, go to

<https://www.facebook.com/events/343504680038922> Click

on going if you'll be doing it. You do not have to share your

Click on going if you'll be doing it. You do not have to share your video on facebook. Enjoy



Check out this link to see a version of the dance

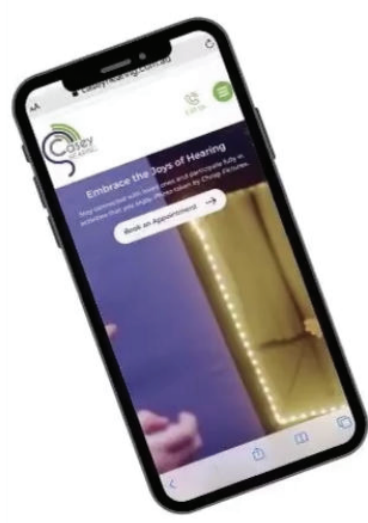
<https://youtu.be/11e4sW-Q4Ns>

Restrictions to Audiology services

The restrictions to Audiology services have been extended to 28 September. For those whose functional independence will be impacted if they do not access audiology support can come in for face to face consultations.

Although we cannot currently see many people face-to-face, if you have any hearing health needs or concerns, we encourage you to book an appointment online for phone consultations here: <https://healthengine.com.au/book/64337>

If a case arises where you will need to come to the clinic, we also operate a drive through limited contact service. Call us for more information 03 9037 7010:



Book online or...



use our drive through service.



Meet the team behind the scenes!



Gabrielle
Social Media Post Creator

Mary-Jane
Newsletter Designer



Clear communication with the families that we service is so important, particularly at this time, so they know what we can or cannot do under current restrictions. Meet the team that help us with communications online... Mary-Jane and Gabrielle.

Our Newsletter Designer Mary-Jane is a freelance graphic designer and international student from Mauritius. She has been enhancing her skills in marketing and advertising with various reputable companies for the past seven years. Despite the global pandemic, Mary-Jane is still going strong with her career development and is studying an Advanced Diploma in Creative Product Development. Mary-Jane came on board in mid-last year at Casey Hearing to design our newsletters. " I am so grateful to Khatija for giving me this golden opportunity to be part of Casey Hearing family."

Our Social Media Post Creator, Gabrielle, is from England and is passionate about helping businesses connect with people online. With a degree in Journalism & Sociology, and being a by-product of an entrepreneurial environment, connection is at the heart of everything she does with her business @feshhconnection. We have found that through the changes we needed to implement because of Covid 19, Gabrielle is flexible, resourceful and we love her initiative.

Thank you to both Mary-Jane and Gabrielle for their work during this time.



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