

# FOCUS *on* Health

**2022**  
**New Year's Resolution: HEARING!**  
*The resolution that helps you reach all resolutions.*



*We offer Remote Hearing Care*

**Lane Tandy, HIS**  
 Hearing Instrument Specialist

**All American HEARING** 974 SW Veterans Way #2, Redmond, OR 97756  
 www.redmondhearingaids.com  
 541.526.1158

## All American Hearing

For Lanie Tandy of All American Hearing, getting folks in Sisters to get their hearing tested is a mission and a calling.

Early testing is critical: Tandy notes that if you wait to test until you notice diminished hearing, “the brain loses its ability to process speech sounds — and you never get that back.”

Conversely, if you take action when your understanding is still at 100 percent, your prognosis to retain understanding is 100 percent. Knowledge is power, and early action is the best hope for good outcomes.

Maintaining good hearing is key to quality of life — and is tied to long-term mental health.

Lanie is committed to bringing good hearing healthcare to Sisters, and she urges folks — even if their hearing still seems OK — to pick up the phone and set up an appointment for testing. There are many, many options available today, and there is no cost for a consultation.

“It starts with a conversation,” Lanie says.

Get that conversation started with a phone call today.

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Audrey Holocher  
 Hypnotherapy

**HOLOCHERHYPNOTHERAPY.COM**

## Audrey Holocher Hypnotherapy

The times we live in have put many of us under an unusual amount of stress. So many problems distill down to stress — and hypnotherapy is a drug-free, healthy approach to reducing and managing that pernicious element in our lives.

“Once you reduce stress, there’s so much healing that can happen,” says Holocher. While we can’t eliminate stress, we can manage it, and that’s the purpose and function of Audrey Holocher Hypnotherapy’s recorded sessions.

“You learn to control your own mind,” Holocher says.

Often, we don’t even recognize our own level of stress. Hypnotherapy exercises teach what stress vs. relaxation feels like, to create active relaxation. Improved relaxation can help us boost our immunity, increase blood flow, improve sleep and digestion — and thus aid our health.

What Audrey Holocher Hypnotherapy offers has many beneficial effects, but it is not a substitute for medical treatment or psychotherapy. As an adjunct to other treatment, or as a means of reducing stress, hypnotherapy can enhance quality of life.

*For our patients' convenience, we are pleased to host...*

**Dr. Shannon Woods, Woods Ortho**

1-2 days per month at our Sisters office.  
**To schedule an appointment with Dr. Woods, call 541-385-3104.**



Trevor Frideres, D.M.D.  
 Greg Everson, D.M.D.  
 Kellie Kawasaki, D.M.D.

**SISTERS DENTAL** 541-549-2011  
 www.sistersdental.com 491 E. Main Ave., Sisters

Hours: Mon., 9 a.m.-6 p.m.; Tues.-Thurs., 8 a.m.-5 p.m.; Fri., 7 a.m.-3 p.m.

## Sisters Dental

Sisters Dental is always seeking ways to serve its patients in Sisters — and that has led to a new partnership with Dr. Shannon Woods of Woods Ortho in Bend. One or two Mondays each month, Dr. Woods will be at Sisters Dental to see local patients.

“We send so many of our patients to her for ortho, this will be so much more convenient,” says Kylie Frideres of Sisters Dental.

Since orthodontics can be a lengthy, ongoing process, having access to Dr. Woods in Sisters will save local families many hours travel time driving back and forth to Bend.

As Frideres notes, orthodontics is more than a matter of cosmetics — it can play an important functional role, which makes a close relationship between dentist and orthodontist a critical element of good dental care.

And caring for patients over the long haul is what Dr. Frideres, Dr. Everson, and Dr. Kawasaki at Sisters Dental are all about, helping to ensure the best dental health and overall well-being for families in Sisters.

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**541-549-1318**

Mon.-Fri. 8 a.m.-5 p.m. [stcharleshealthcare.org](http://stcharleshealthcare.org)  
 630 N. Arrowleaf Trail, Sisters 

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