

HEAR & NOW

Your community hearing health newsletter



Brain Games: Summer Auditory Fitness

Did you know your brain and ears work together like teammates? Hearing is not just about your ears picking up sound. Your brain also works behind the scenes to process speech, separate voices from background noise, and help conversations make sense. Just like your body benefits from staying active, your listening skills benefit from staying engaged too.

The good news? Summer is packed with opportunities to give your brain and hearing a healthy workout.

Fun Ways to Keep Your Hearing Brain Active This Summer

- **Challenge yourself with conversation:** Backyard barbecues, family reunions, and lunch with friends all encourage your brain to focus, follow speech, and stay socially engaged.
- **Listen to nature:** Birdsong, waves, summer storms, and rustling leaves all help keep your listening pathways active and alert.
- **Try an audiobook or podcast:** Listening to stories or conversations helps strengthen

speech understanding and listening focus.

- **Play music and sing along:** Music activates multiple areas of the brain and can help support memory, mood, and auditory processing.
- **Keep your hearing aids in consistently:** The more access your brain has to sound, the more actively it can stay connected to the world around you.

Why Staying Social Matters

Research continues to show strong connections between hearing, brain health, and social engagement. Staying involved in conversations and activities helps keep both your mind and your relationships active.

And here is the best part: auditory fitness does not have to feel like work.

It can look like laughing around a firepit. Listening to grandchildren tell stories. Hearing the crack of a baseball bat. Catching every punchline at dinner with friends.

This summer, give your brain something fun to listen to!

Product Spotlight



Phonak Infinio Ultra Sphere™

"Is There Anything New That Can Help Me Hear Conversations Better?"

Hearing technology continues to evolve, and some of the latest advancements are making conversations clearer and more comfortable than ever before, especially in background noise.

One of the biggest advancements in hearing technology is **Spheric Speech Clarity 2.0**, designed to help conversations sound clearer in noisy environments like restaurants, family gatherings, and summer parties.

Instead of simply making everything louder, this technology uses powerful AI-based processing to identify speech and help prioritize the voices you want to hear. That means less effort trying to follow conversations and more confidence staying connected during social moments.

Why patients are talking about it:

- Helps speech stand out in noisy environments
- Supports clearer conversations in groups
- Reduces listening fatigue
- Automatically adjusts as surroundings change

Spheric Speech Clarity 2.0 is available in select hearing aids on the Phonak Infinio platform, bringing a new level of clarity to everyday conversations.

Want to hear the difference for yourself? Ask our practice about a no-obligation in-office demonstration.

Fun Fact: Seashell Science – The Ocean Is Not Actually in the Shell

That relaxing "ocean" sound you hear when holding a seashell to your ear is not trapped seawater at all.

What you are actually hearing is the sound of blood flowing through the veins in your ear, along with surrounding environmental noise being amplified inside the shell's curved shape. Pretty wild, right?

Next time you are walking the beach this summer, pick up a seashell and give it a listen. It is a fun reminder that sound is always moving around us, and hearing helps us stay connected to all the little moments that make summer memorable.



Peach Perfect: A Sweet Treat with Health Benefits



Peaches are one of summer's greatest hits. They are juicy, refreshing, naturally sweet, and surprisingly good for you too.

Packed with vitamins A and C, peaches help support healthy skin, immune function, and overall wellness. They also contain antioxidants that help protect the body's cells from everyday stress and aging.

Another bonus? Peaches are full of fiber, which supports digestion and helps keep you feeling fuller longer.

Fresh peaches are delicious on their own, tossed into salads, blended into smoothies, or grilled for an easy summer dessert.

Speaking of grilled peaches...you are going to want to try this recipe.

Recipe: Grilled Peaches with Ice Cream

Ingredients:

- 4 ripe peaches, halved and pitted
- Extra-virgin olive oil, for brushing
- ½ cup walnuts, toasted and crushed
- ½ teaspoon cinnamon
- ¼ teaspoon sea salt
- Vanilla ice cream

Instructions:

- 1 Preheat a grill or grill pan to medium heat.
- 2 Brush the cut side of the peaches with a little olive oil and grill cut-side down for 3 minutes, until char marks form.
- 3 In a small bowl, combine the walnuts, cinnamon, and salt.
- 4 Remove the peaches from the grill and serve with vanilla ice cream and sprinkle with the walnut mixture.

