

Winter 2023

Hear & Now

Your community hearing health newsletter from
Audiology Associates of North Jersey

Music to My Ears: How Listening to Music Can Benefit You

Music is a universal language that has been enjoyed by people of all cultures for centuries. It can be used to express a wide range of emotions, from joy and love to sadness and anger. But music is more than just a form of entertainment; it can also have a number of positive effects on our health.

One of the most well-known benefits of music is its ability to reduce stress. When we listen to music, our bodies release endorphins, which have mood-boosting and pain-relieving effects. Music can also help to lower blood pressure and heart rate, and improve sleep quality.

Here are some of the specific ways in which music can benefit our health:

Reduces stress and anxiety: Listening to music can help to reduce the levels of the stress hormone in the body. This can lead to many health benefits, including lower blood pressure, heart rate, and respiratory rate.

Improves mood: Music can release endorphins, which have mood-boosting and pain-relieving effects. It can also help to reduce feelings of loneliness and isolation.

Improves sleep quality: Listening to relaxing music before bed can help to improve sleep quality. This is because music can help to reduce stress and anxiety, and promote relaxation.

Reduces pain: Music can help to reduce pain by blocking out pain signals from the brain. It can also help to distract from pain and make it more bearable.

Improves cognitive function: Music can help to improve cognitive function, including memory, attention, and language skills. It can also help to improve creativity and problem-solving skills.

Improves physical function: Music can help to improve physical function, such as coordination, balance, and strength. It can also help to improve motivation and endurance.

Music can be enjoyed in many different ways. Listen to it, play it, or sing along. You can also use music to dance, exercise, or meditate. There is no right or wrong way to enjoy it.

If you are looking for ways to improve your health, consider adding more music to your life. ***Just make sure it's not too loud!***

Audiology Associates of North Jersey

Helping You Hear With All My Heart





Conversations Shine for Everyone!

Hearing aids have come a long way in recent years, thanks to major advances in technology. These advances can help you hear better in even the most challenging environments, but as your hearing care provider, our favorite part is how these advances can help keep you fully engaged in conversations.



If you, or a loved one, are struggling to hear conversations, we encourage you to come in and demo Phonak Lumity.

With these hearing aids you'll notice:

- **Improved speech understanding in noise:** Lumity uses advanced technology to help you hear speech more clearly in noisy environments, such as restaurants, social gatherings, and busy streets.
- **Natural sound quality:** Lumity delivers natural sound quality, so you can enjoy all the sounds in your life to the fullest. This includes music, nature sounds, and the voices of your loved ones.
- **Rechargeable batteries:** Lumity hearing aids are rechargeable, so you won't have to worry about running out of batteries. This is a convenient and environmentally friendly option.
- **Bluetooth connectivity:** Lumity hearing aids can connect to Bluetooth devices, such as smartphones, TVs, and computers. This allows you to stream audio directly to your hearing aids, so you can enjoy your favorite music, podcasts, and audiobooks without any hassle.



If you are interested in learning more about Phonak Lumity hearing aids, please call to schedule an appointment today.



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See for Yourself!

Enjoy a Phonak Lumity demonstration at your appointment.



A Delicious and Nutritious Superfood: Kalamata Olives



Native to Greece, kalamata olives are known for their rich, fruity flavor and their many health benefits:

Heart health: they are a good source of monounsaturated fats, which can help to lower cholesterol levels and improve heart health.

Blood pressure: they contain potassium, which can help to lower blood pressure.

Bone health: they are a good source of vitamin K, which is essential for bone health.

Digestive health: they contain probiotics, which are beneficial bacteria that can help to improve digestive health.

Kalamata olives are a delicious and versatile food rich in antioxidants, making them a nutritious snack or addition to any meal.

Try adding them to sandwiches, pizzas, pasta dishes, or this fun and easy recipe below!

Greek Salad on a Stick

Ingredients

- 2 tablespoons dried oregano, or to taste
- 8 1/2 inch cubes of feta cheese
- 8 1/2 inch cucumber slices
- 8 grape tomatoes
- 8 Kalamata olives, pitted
- 8 bamboo toothpicks

Directions

1. Pour oregano into a shallow bowl. Roll each feta cheese cube in oregano to coat.
2. Set up an assembly line for all the prepared ingredients.
3. Thread 1 cucumber, 1 tomato, 1 olive, and 1 feta cheese cube onto a toothpick. Repeat with remaining toothpicks.



Serve these Greek salad kabobs as is, or drizzle with a zesty garlic and olive oil vinaigrette for an extra kick. They're the perfect addition to an appetizer spread when entertaining.