

Summer 2024

HEAR NOW

Your community hearing health newsletter from
Audiology Associates of North Jersey

Sharper Hearing, Sharper Mind: Win-Win for Your Brain!

Whether you already wear hearing aids or are considering them, this is exciting news! Good hearing isn't just about better conversations, it can actually help keep your brain healthy too!

Healthy aging is about feeling your best, not stopping the clock.

We all want to stay mentally sharp and active as we get older. That's why staying social, exercising, and keeping your mind engaged are so important.

But there's one often overlooked piece of the brain health puzzle: **your hearing!** Recent studies show a strong link between good hearing and overall health, especially for your brain.

A recent study found that older adults with hearing loss who used hearing aids experienced a slower decline in thinking abilities over three years, compared to those who didn't use

them. This effect was especially pronounced in participants with a higher risk of dementia.

Why the connection?

Because good hearing keeps your brain actively involved in the world around you. If you're serious about staying healthy as you age, taking care of your hearing is a smart move!

Ready to hear better and support your brain health?

We can help! Make sure you're hearing your best by scheduling your yearly hearing exam today! Our team is here to help you on your journey to better hearing and healthy aging.

Reference:

Sarant, J., et al. (2023, July 16-20). Cognitive Function in Older Adults with Hearing Loss: Outcomes for treated vs untreated groups at 3-year follow-up [Conference presentation]. AAIC 2023 Conference, Amsterdam, Netherlands.

Audiology Associates of North Jersey
Helping You Hear With All My Heart





Lumity: Hear Life at its Best, Wherever You Are!

Lumity Hearing Aids: Unleash the Power of Clear Hearing! Ready to rediscover the joy of clear conversations and vibrant hearing? Look no further than Phonak's Lumity hearing aids!



Imagine enjoying effortless conversations at your favorite restaurant, catching every word in a movie, or even appreciating the subtle sounds of nature. Lumity hearing aids are packed with features to help you do just that:

- **SmartSpeech Technology:** Cuts through background noise so you can focus on what matters most - the conversation!
- **Universal Connectivity:** Stream calls and music directly to your hearing aids for a hands-free listening experience.
- **Rechargeable Options:** No more fiddling with tiny batteries. Lumity offers convenient rechargeable options to keep you powered up all day.
- **myPhonak app:** Discreetly adjust your hearing aids and personalize your listening experience right from your smartphone.



Lumity hearing aids are designed for all lifestyles!

Whether you're social butterfly or an active adventurer, Lumity offers a variety of styles and features to fit your needs. Some models are even waterproof* for added peace of mind.



Is it time for an upgrade?

Qualified patients can receive a
30-day Risk-Free Trial.



*up to 50 cm or 1.64 feet

Almond Power: The Brain-Boosting Spread You Need!



Move over, peanut butter! Almond butter isn't just a tasty spread; it's a nutritional powerhouse that your brain will thank you for.

Rich in flavor and packed with brain-boosting nutrients, almond butter stands out as a delicious and beneficial choice for your daily diet.

Here's why:

- **Healthy fats:** Support cognitive function and memory.
- **Vitamin E:** Acts as an antioxidant, protecting brain cells.
- **Essential minerals:** Magnesium and iron are vital for brain health and energy levels.
- **Protein:** Aids in neurotransmitter production, promoting clear thinking and focus.

Incorporate almond butter into your diet to nourish your brain and overall well-being. Spread it on toast, add it to smoothies, or whip up a batch of the delicious breakfast parfaits below.

Greek Yogurt + Almond Butter Breakfast Parfait

Ingredients:

Almond Butter Yogurt:

- 1 cup Greek yogurt
- 3 tbsp almond butter
- 1 tbsp honey
- 1 1/2 tsp cinnamon

Parfait:

- 1 cup vanilla Greek yogurt
- 1 cup almond butter yogurt
- 3/4 cup fresh berries
- 6 tbsp Berry Syrup*
- 1/2 cup granola

Instructions:

1. First, add all ingredients for the almond butter yogurt to a bowl and mix to combine.
2. Then assemble breakfast parfait with plain yogurt, berry syrup, almond butter yogurt, granola, and fresh fruit.

*No berry syrup on hand? Create your own by heating jam over low heat. Gradually whisk in 1 tbsp of water at a time until you achieve your desired consistency.

(Servings: 2)



Summer Fun for Body and Mind, Keep Hearing Your Best This Season!

Welcome back to our summer newsletter! As the days get longer and the sun shines brighter, let's focus on maximizing your well-being, especially when it comes to keeping your hearing sharp.

In this issue, we'll explore -

- **Sharper Hearing, Sharper Mind:** How healthy hearing supports healthy aging.
- **Unleash the Power of Lumity Hearing Aids:** See how new technology can help you hear even better in noise.
- **Brain-boosting treats:** Fuel your mind and body with the power of Almond Butter.

Need a hearing aid cleaning or check-up? We're here to help!
Schedule an appointment today to ensure you're hearing your best this summer.

