



HEALTHY HEARING NOW

JULY 2026 NEWSLETTER



HAVE YOU HEARD?

Your ears never "sleep." Even while you're resting, your brain continues to process sounds around you. That's why certain noises—like a smoke alarm, your name being called, or a crying baby—can wake you up quickly.



HEARING HEALTH NEWS

Research has shown that untreated hearing loss increases the amount of cognitive effort required to understand speech, which can contribute to feelings of fatigue, stress, and frustration. Many people are surprised to learn that hearing well isn't just about volume—it's about reducing the strain on the brain and making communication easier.

Signs of listening fatigue may include:

- Feeling drained after conversations
- Avoiding social situations because they are tiring
- Difficulty concentrating in noisy environments
- Increased irritability or frustration when communicating

The good news is that addressing hearing loss can help reduce this strain and make everyday interactions more enjoyable.



SUMMER RECIPE CORNER ☀️

Fresh Watermelon Blueberry Salad

Ingredients:

- 4 cups cubed watermelon
- 1 cup fresh blueberries
- ¼ cup crumbled feta cheese
- Fresh mint leaves, chopped
- Juice of 1 lime

Directions:

Combine watermelon, blueberries, feta, and mint in a large bowl. Drizzle with fresh lime juice and toss gently. Chill before serving. This refreshing, colorful salad is perfect for summer gatherings and provides plenty of hydration for those hot days!

**Happy
Birthday
America**

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HELPFUL TIP

Keep hearing aids dry.

Remove them before swimming and store them in a dry, cool place during humid summer months.

