

Hearing Associates
250 South Crescent Drive, Suite 100
Mason City, IA 50401



Inside this issue

Improving Your Hearing Health in the New Year

Four Reasons to Wear Your Hearing Aids Daily

The Benefits of Aural Rehabilitation

Review Us! Why It Matters

Providing excellent customer service and quality hearing aids to our patients since 1987. Hearing Associates is your hearing healthcare expert with 11 convenient locations in Northern Iowa and Southern Minnesota.

Hear in the Now News

February 2025



HEAR IN THE NOW NEWS

Hearing Associates February Newsletter

CELEBRATING STUART

On Dec 30, 2024, Hearing Associates held a retirement party for Stuart Trembath to celebrate his final day at the office. Friends, family, patients, and staff gathered at our Mason City, Iowa, office to share stories and memories. Stuart's legacy is shaped by his dedication to his team, loved ones, and community. We wish him the best in his new adventures and look forward to seeing what he does next.



EMPLOYEE ANNIVERSARIES

We are excited to celebrate some major milestones at Hearing Associates:



Alex Crippin
—
10 years



Katelin Lugar
—
12 years



Rachael Doleza
—
16 years

NICHOLE MALATA EARNS CERTIFICATION

We're proud to announce that Front Office Professional, Nichole Malata, passed her NHA Billing and Coding certification exam! This achievement is especially important as it helps her better serve our patients with insurance coverage and claims. Great work, Nichole!



Improving Your Hearing Health in the New Year

A new year is a perfect time to implement healthy habits, especially when it comes to your hearing, as it can positively impact your mental, emotional, physical and social well-being.

Why It's a Good Idea

Your hearing impacts your cognitive health, safety and quality of life. It may be difficult to socialize and engage in meaningful conversations with your loved ones if you have untreated hearing loss.

How to Improve Your Hearing Health

Reevaluate Your Hearing Aids and Technology

Hearing technology continues to change and improve, offering more advanced settings and features. It's important to assess your lifestyle and hearing needs periodically to ensure your hearing aids meet those requirements.

Adopt Healthy Listening Habits

- Be mindful of noise exposure.
- Limit headphone use.
- Wear hearing protection.
- Take listening breaks.

Get Regular Hearing Screenings

Your hearing changes over time, so getting regular hearing screenings helps your audiologist spot warning signs of potential issues earlier. That allows for early detection and intervention which can slow the progression of your condition.

Engage in Holistic Hearing Care

- Eat a balanced diet.
- Exercise regularly.
- Eliminate nicotine.
- Manage stress.
- Be careful cleaning your ears.



Scan the QR code to read the rest of the article online!

FOUR REASONS TO WEAR YOUR HEARING AIDS DAILY

Not wearing your hearing aids consistently deprives your brain of essential stimulation.

Hearing Aids Activate Your Brain

While your ears collect sounds, your brain does the "hearing." Wearing hearing aids regularly helps your brain relearn the sounds it's been missing.

Hearing Aid Use Lowers Your Risk for Dementia

Auditory stimulation keeps your brain cognitively strong and provides you with a mental workout.

Your Hearing Aids Keep You Safe

Hearing aids can help you pick up sounds, including:

- Phone notifications
- Car horns
- Fire alarms and smoke detectors
- Verbal warnings
- Emergency sirens

You Can Connect to Wireless Technology

Wireless features allow you to:

- Make calls
- Stream movie and show audio
- Listen to music
- Catch up on news



THE BENEFITS OF AURAL REHABILITATION

Hearing Associates offers aural rehabilitation classes to help you make the best of your hearing aids and explore communication strategies. You'll learn about the hearing process, learn to care for your devices, and meet people with shared experiences.

Attending aural rehab is an effective way to get answers to your most pressing hearing health questions and learn what to expect along your journey. Support partners are welcome, too!

REVIEW US! WHY IT MATTERS

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We love hearing from you! Your feedback helps us improve and lets others know how Hearing Associates can help. By sharing your experience, you not only support our team but also help others who may be searching for the right care for their hearing health. Visit HearingAssociatesMC.com to leave your review today!



Scan the QR code to leave your review today!