

Winter 2026

HEAR & NOW

Your community hearing health newsletter from
Concha Audiology



Stay Social This Winter: The Sound of Connection

When the days get shorter and the temperatures drop, it's easy to slip into hibernation mode. But staying social during the winter months isn't just good for your mood—it's good for your health, too.

Research shows that regular social interaction can help reduce feelings of loneliness, boost cognitive health, and even support your immune system. Yet for many people, winter gatherings can feel more challenging. Background noise, overlapping conversations, and busy holiday get-togethers can make it tough to keep up—and that can lead to quiet withdrawal without even realizing it.

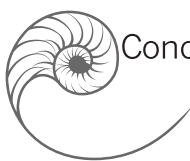
The good news? Your hearing aids already make it easier to stay connected and confident in social settings. With features like directional microphones, background

noise reduction, and Bluetooth® connectivity, you can enjoy clearer conversations whether you're chatting by the fire, joining a video call with family, or attending a neighborhood get-together.

If you have questions about these features—or want to learn how to get the most out of your devices this season—our team is here to help.

Even small social moments matter—a morning coffee with a friend, a community class, or a quick phone call to catch up with someone you haven't seen in a while. Connection keeps the mind active, the heart full, and the winter blues at bay.

So, bundle up, reach out, and keep those conversations flowing this winter. Your hearing—and your health—will thank you for it.



Concha Audiology
Life, Love, Hearing

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Infinio Ultra – The very best. For you.



Experience hearing like never before with Phonak Infinio Ultra.

Designed to help you hear clearly, connect effortlessly and embrace every moment with confidence, these advanced devices offer benefits tailored just for you:

- **Adaptive:** The best sound for you. No matter the situation/ Anytime.
- **Connected:** Always universal. Connectivity that works – no matter the device, no matter the moment.
- **Easy:** Easier maintenance for everyone. Phonak does the work, so you don't have to.
- **Clear:** Any voice. Any direction. Always clear.
- **Customized:** For comfort, for style, for sound quality that fits precisely to you.

The Infinio Ultra platform includes Phonak Audéo™ Infinio, Phonak Audéo™ Sphere Infinio and Phonak Virto™ Infinio.

Call 319-626-2392 today to schedule your consultation and risk-free demonstration!

Fun Fact: Music and Hearing

Did you know the brain can recognize a song in just 10 seconds? Hearing aids help capture all the details in music—from the softest note to the punchiest beat.

What's your favorite song?
Let us know at your next appointment.



How This Spicy Favorite Warms You Up Inside and Out

There's nothing quite like a steaming bowl of chili on a chilly day. Beyond its comforting flavors, chili offers a surprising number of health benefits that go beyond just warming the hands and heart.



Chili peppers contain capsaicin, the compound that gives them their signature heat. Capsaicin has been shown to boost metabolism, improve circulation, and support heart health. Spicy foods can even trigger the release of endorphins – the body's natural "feel-good" chemicals – giving a little mood lift on cold winter days.

Chili is also packed with fiber, protein, and a variety of vitamins and minerals, especially when made with beans, vegetables, and wholesome ingredients.

Try this Vegetarian Chili recipe –it's hearty, healthy, and perfect for warming up inside while giving the body a little boost below.

Recipe: Vegetarian Chili

Ingredients:

- 2 Tbsp extra-virgin olive oil
- 1 small yellow onion, chopped
- 1 red bell pepper, seeded, and diced
- 2 garlic cloves, minced
- 1 tsp chili powder
- 1 tsp ground cumin
- 1 (14-oz) can diced fire-roasted tomatoes
- 1 (14-oz) can kidney beans, rinsed
- 1 (14-oz) can pinto beans, rinsed
- 1 cup water or vegetable broth
- 3 chipotle peppers from a can of chipotles in adobo, diced
- 3 Tbsp adobo sauce
- 1 cup corn kernels, fresh or frozen
- ½ tsp sea salt, plus more to taste
- Freshly ground black pepper
- 1 Tbsp lime juice, & wedges for serving

Instructions:

1. Heat the oil in a large pot over medium heat. Add the onion, a pinch of salt, and several grinds of pepper and stir. Cook until the onion is translucent, 5 minutes, then add the red pepper. Stir and cook until soft, 5 to 8 minutes, turning down the heat as needed.
2. Add the garlic, chili powder, and cumin, and stir for 30 seconds, until fragrant.
3. Add the tomatoes, beans, water, chipotles, adobo sauce, corn, salt, and several grinds of pepper. Cover, reduce the heat to low, and simmer for 25 minutes, stirring occasionally, or until the chili has thickened.
4. Stir in the lime juice and season to taste. Serve with desired toppings.

