

Spring 2026

# HEAR NOW

Your community hearing health newsletter from  
**Concha Audiology**



## Listen, Laugh & Love This Spring!

### Spring is here, and it's the perfect time to shake off winter hibernation.

From outdoor markets to concerts in the park, coffee dates with friends, and family gatherings, there are more chances than ever to connect, and hearing clearly makes all the difference.

Getting out this spring is not just about fresh air. It is about reconnecting with the people and moments that make life rich.

If something isn't working or sounding right with your hearing aids, schedule a quick clean and check with our office.

If you're a hearing aid wearer, you've already taken an important step toward staying socially connected. To get the most out of your devices this season:

- **Keep them clean and charged:** A quick spring check of your hearing aids, including cleaning and fresh batteries or charging, can make sure every conversation is crisp and clear.
- **Adjust for noisy environments:** Many modern aids have settings for outdoor events or crowded spaces. Try these before heading out.
- **Plan social warm-ups:** Start with smaller gatherings to ease into busy social settings. It is easier to follow conversations when you're relaxed.
- **Use visual cues:** Position yourself where you can see people's faces. Lip-reading and gestures help conversations flow smoothly.

**With your hearing aids working for you, you are set to enjoy every laugh, every conversation, and every special memory this season brings.**



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## Product Spotlight



### Phonak Virto™ R Infinio

#### Extraordinary sound. Customized just for you.

If you prefer a hearing solution that feels discreet and personal, Virto R may be worth exploring. These custom-made devices are designed to fit your ear comfortably and securely, helping them stay comfortable throughout the day while supporting clearer, more natural sound, especially in conversations.

#### What makes Virto R Infinio stand out:

- **Custom fit:** Molded to your ear for comfort and optimal sound
- **Smart sound:** Automatically adapts to different listening environments
- **Rechargeable:** Easy charging for a full day of use

Many patients appreciate that Virto R combines advanced technology with a nearly invisible design. It is a great option for those who want strong performance without drawing attention to their hearing aids.

#### Ask our practice if Virto R Infinio would be a good fit for your hearing needs!

#### Fun Fact: Your brain fills in the gaps.

When parts of speech are hard to hear, your brain works behind the scenes to fill in missing sounds using context and memory. This can work for a while, but it can be tiring. Hearing aids help your brain make sense of these sounds so you can fully enjoy conversations and the world around you.



# Food for Thought: Spring's Superfood – Asparagus



## Why Asparagus Is a Spring Superfood

Asparagus is packed with nutrients that support overall health. It is rich in folate, which plays a role in brain health, and it contains antioxidants that help protect cells throughout the body. Asparagus is also a good source of fiber, supporting digestion and heart health.

Fresh, flavorful, and versatile, asparagus is perfect for spring meals. Eating seasonally not only tastes better, it also helps you enjoy the full nutritional benefits of fresh produce. One delicious way to celebrate spring flavors is in the recipe below: Farmers Market Potato & Asparagus Pizza – a fun, easy dish that puts this superfood front and center.

## Recipe: Farmers Market Potato & Asparagus Pizza

### Ingredients:

- 6 to 8 thick asparagus spears
- 3 to 4 small Yukon gold potatoes
- 1 pizza dough ball
- Extra virgin olive oil, for drizzling
- 1 garlic clove, minced
- 1½ cups gruyere or white cheddar cheese
- 2 tablespoons chopped chives
- 2 radishes, thinly sliced, optional
- Fresh lemon juice
- 1 tablespoon thyme flowers or fresh thyme leaves
- ⅓ cup shaved fresh Parmesan cheese
- Sea salt and freshly ground black pepper

### Instructions:

1. Preheat oven to 450°F.
2. Peel asparagus into ribbons and thinly slice potatoes.
3. Stretch dough onto a pan or stone, brush with olive oil, and sprinkle with garlic.
4. Top with most of the cheese, then layer potatoes and remaining cheese and chives.
5. Bake 12 to 14 minutes, until potatoes are tender. Remove from oven and add asparagus ribbons and radishes.
6. Finish with a squeeze of lemon, salt, pepper, and thyme.
7. Return to oven for about 3 minutes to warm toppings. Remove, top with Parmesan and black pepper, and enjoy.

