



## Hearing aids and happiness

In terms of our health, happiness is a miracle drug. It can help us live longer, be more optimistic — even increase marital satisfaction. How do you measure happiness? We're all aware that smiling and laughing are physical signs of happiness and joy, yet characteristics of a perpetually happy person depend on how satisfied they are with various aspects of their life. And since finding happiness is a personal journey, here's a tip to start you on your way: If you have hearing loss, wear hearing aids. *What if wearing hearing aids made you happier? Research, again and again, indicates the tiny buds of technology can improve one's quality of life.*

## Hearing aids improve relationships

Research indicates that individuals with hearing loss who wear hearing instruments have better relationships with family members, friends and colleagues than those with untreated hearing loss.

**At home:** Positive emotion is linked to marital satisfaction. A Hear-the-World Foundation survey of more than 4,300 people about hearing aids and relationships revealed:

- 69.7 percent believe hearing aids have improved their relationships.
- 81 percent whose partner has been fitted with a hearing aid say they are glad.
- 40 percent say they receive more attention from their partner.

More specifically, married couples say hearing aids make it easier to carry on a conversation and relate to each other on an interpersonal level. They also say hearing aids diminished feelings of frustration, anger, depression, loneliness, stress and anxiety they were experiencing before wearing the instruments. Another bonus? Healthy relationships are linked to strong immune systems, which, of course, is good for your overall health.

**With friends:** Studies indicate people are happiest when they are connected to a social group, a characteristic threatened by untreated hearing loss. Amplification reduces the risk of self-imposed isolation, helping you hear the punch line the first time the joke is told or feel more comfortable participating in the conversation at your neighbor's next backyard barbeque. Since untreated hearing loss also causes mental exhaustion, hearing aids may even improve your golf game and give you the energy you need to help with the church bazaar.

A scientific review of a large number of surveys shows hearing aid users experience a significant improvement in the quality of life. One of the key points of the review found that hearing aid users are more likely than non-users to engage in activities involving other people. They also found hearing aid users are warmer and less negative in their personal relationships.

**In the workplace:** When the Better Hearing Institute conducted a study of hearing loss in the workplace, seven in 10 participants reported improvement in their ability to communicate when they wore hearing aids. That means an increased ability to hear what's being said in meetings, understanding telephone conversations more clearly — and even more enjoyment interacting with your co-workers at the water cooler or in the break room.

## Hearing aids improve earning potential

Yes, we know that money can't buy happiness, but in the words of country singer Chris Janson, "It can buy me a boat." Even if you don't want to buy a boat (or a truck or Yeti 110, as the song goes), it probably wouldn't make you happy to learn you may be earning less if you have untreated hearing loss.

A 2011 study by the Better Hearing Institute found untreated hearing loss can cost an employee as much as \$30,000 in lost income every year. On the flip side, those who wear hearing aids to treat mild hearing loss reduce that loss by as much as 90 to 100 percent. In EuroTrak and JapanTrak surveys conducted in 2012, 60 percent of hearing aid users said they found hearing aids to be of significant use in the workplace.

## Hearing aids enhance cultural experiences

We know from various studies that hearing aids bolster self-confidence and give users a better sense of safety and independence. That might just give you the push you need to resume other activities you enjoy, such as attending concerts, the theater — or even just appreciating the sweet sounds of nature on a stroll around the neighborhood.

**Music:** Whether you like Beethoven, the Beatles or the Beastie Boys, listening to music is a pastime that invokes a lot of emotion. Neuroscientists say listening to music stimulates dopamine which makes us happy. Music also lowers stress levels, improves our immune system and memory, and inspires us to exercise.

Although today's hearing aids are programmed to better understand speech, hearing aid users in a survey conducted by researchers at the University of Cambridge found they were helpful for listening to music, too. And, thanks to new hearing aid and assisted listening technology, you can enjoy a night at the opera, the symphony or your favorite entertainer's concert whenever your schedule permits.

**Theater:** There's no reason to sacrifice the joy you receive from attending the theater or a night at the movies because it's just too hard to hear what's being said. Today's hearing aids are becoming more and more adept at separating speech from background noise. And, thanks to the Americans with Disabilities Act (ADA), many venues have installed hearing loops which literally pipe the dialogue right to your hearing aids.

**Nature:** In a 2013 study by the David Suzuki Foundation, more than 10,000 Canadians spent 30 minutes in nature every day for 30 days. As a result, they reported an increased sense of well-being, more energy, reduced feelings of stress and negativity, fewer sleep disturbances, better job productivity and more happiness.

Being outside and experiencing nature reduces stress levels, improves your vitality, improves overall mental wellness and boosts your immunity. In short, it makes you happy. So, if you can't remember the last time you heard the birds sing or the crickets chirp, it may be time to make an appointment with a hearing healthcare professional and have your hearing checked. Your first step to living happier and healthier may just be a phone call away. (from Healthy Hearing).

**Phonak** has introduced Audeo B-direct hearing aids that easily connect to any bluetooth cell phone and to your TV. These aids allow users to enjoy the freedom of universal connectivity and answer calls with a touch of your hearing aid. They sense your surrounding and adjust your hearing aids every step of the way. Enjoy excellent sound quality and hearing performance wherever life takes you!

**Oticon** has expanded the Opn line with power instruments, the availability of a t-coil and optional rechargeable batteries. We are always glad to be able to offer our patients maximum flexibility. The selections just keep getting better!



Dr. Sarah Hodgson will be joining the Hart Hearing team in November 2017. She received her Doctorate in Audiology from James Madison University (JMU). Dr. Hodgson is a native of Penfield and is excited to be moving back to Rochester. She is thrilled to be serving the audiological needs of the Rochester community and particularly enjoys helping to improve patient's quality of life and communication with loved ones through amplification. Dr. Hodgson is a member of the American Speech-Language-Hearing Association (ASHA) and the American Academy of Audiology (AAA). Sarah and her husband are expecting their first child in March 2018 and will be living in Penfield. In her spare time, she enjoys reading, scrapbooking, and exploring new places!

We are pleased to introduce Monica Holstein as a new member of our exceptional customer service team. Monica works with Dr. Cushman at our Greece office. She is a newlywed and together with her wonderful husband David has three teenage children. Monica and her family love to hike and camp. You may find her ripping it up at Zumba too! Monica moved to Rochester from Baltimore and has quickly fallen in love with Wegman's, Abbott's and the Finger Lakes Wineries.

Mary LiVecchi joined HHC in September 2017. Mary will be wearing several hats in her Administrative role with Hart Hearing. You may see Mary assisting clients at the Titus Avenue location as well as working behind the scenes to support our accounting and billing department. Mary resides in Irondequoit with her husband Marc and two children. Outside of work Mary enjoys reading, yoga, camping and spending time with family and friends.

Meg and Steve had a very enjoyable but busy summer and are certainly enjoying the Indian summer weather this fall. On the cottage front, they did experience some issues during spring and summer with the high water levels on the St. Lawrence River. They were thankful that the damage was not to the extent as some of the homes on Lake Ontario. The highlight of their summer was the time spent with their granddaughter at the cottage. She was an absolute joy and they are already counting the days to their next visit.

We would like to congratulate the Hart's one year old puppy, Sadie on scoring a prize 2 on her natural ability test this past spring in Binghamton. During the summer Sadie had lots of fun swimming in the river and playing with her 100 pound Red Lab boyfriend, Rogi. Meg and Steve are looking forward to fall and winter and upcoming trips to visit family.

The Cushman family enjoyed a wonderful week on Keuka Lake with Melissa's two brothers and their families. Melissa's husband John had back surgery in August. While the recovery from the surgery is very slow, John is very much looking forward to being able to stand up straight again! Melissa and John are looking forward to fall and traveling to San Francisco for a nephew's wedding during Thanksgiving holiday.

Pete had a great but busy summer! He spent a bunch of weekends at the cottage in the Thousand Islands. The highlight of his summer was the weekend visit at the cottage with his brother Tom, sister in law Margaret and new niece Amelia. It's amazing how much Amelia has changed since the first time he met her in May. Pete is looking forward to playing in a paddle tennis league this winter. If you are not familiar with paddle tennis, it is a mix between tennis and racquetball and played outside in the winter. It's a great outdoor activity for him to enjoy and help appreciate the long Rochester winter.

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**On Google** You need to be logged in to your google account to post a review and rating. In google, search "Hart Hearing Centers" - on the right side will be the Google page information, including a map and a link to write a review.

**On Yelp** If you are a 'Yelper' just log in to your account and post a review. If you've never Yelped before click here <https://www.yelp.com/writeareview>

You can also find us on Health Grades, and Angie's List.

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