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Welcome to hearTHIS: Your Seasonal Scoop on Healthy Hearing

Winter is full of cozy nights, festive gatherings, and the little sounds that make this season special. Hearing aids help you catch every moment, and a few simple updates keep them running smoothly.

In this issue:

- Stay Social This Winter: The Sound of Connection
- Meet the Unitron Moxi S-R: Smarter Hearing, Made Simple
- How This Spicy Favorite Warms You Up Inside and Out

Make sure you hear every sound of the season! Contact us for a consultation, cleaning, or demonstration today!



www.homehearinghealthcare.com

WINTER 2026



hearTHIS

Follow the beat of better hearing and healthy living

Meet the Unitron Moxi S-R:
Smarter Hearing,
Made Simple

If your hearing aids are a few years old, it might be time to hear what you've been missing. The Unitron Moxi S-R brings the latest technology to your ears—making every day listening easier, more natural, and more connected.



Is It Time for an Upgrade?

If you've noticed that:

- Conversations in restaurants or busy spaces are tiring
- You avoid noisy social situations
- You want better clarity when streaming music or calls

The **Moxi S-R** could make a real difference.

Continued on page 2

specialreport



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.

Continued on page 2



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**Meet the Unitron Moxi S-R:
Smarter Hearing, Made Simple**
continued from page 1

Why You'll Love It

- **Rechargeable & Convenient** – No more fiddling with tiny batteries. Enjoy a full day of use on a single charge.
- **Seamless Connectivity** – Stream phone calls, music, or TV directly to your hearing aids. Works with both Apple and Android devices.
- **Smarter sound** – AI-trained technology automatically recognizes your listening environment and adjusts the settings so speech comes through more clearly and background noise is reduced.
- **Durable & Comfortable** – Water and dust-resistant (IP68), discreet, and designed for everyday comfort with glasses, hats, or headphones.

Try It for Yourself. Schedule a **free in-office demonstration** to compare the Moxi S-R with your current devices.



Stay Social This Winter: The Sound of Connection continued from page 1

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.



Upgrading doesn't just mean "new hearing aids." It means **hearing better in the moments that matter most**—family dinners, phone calls, concerts, and everyday life.



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

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, until chili has thickened.
4. Stir in the lime juice and season to taste. Serve with desired toppings.

