

KY HEARS



July News

Protect Your Hearing All Summer Long

Summer is a season of concerts, fireworks, outdoor work, and loud recreational activities—all of which can pose a risk to your hearing. Noise-induced hearing loss (NIHL) is preventable, yet once it occurs, it's often irreversible. Here's how to protect your hearing while still enjoying the sounds of summer:



Be Smart with Sound Exposure

Whether you're mowing the lawn, attending a music festival, or watching a fireworks show, the risk of hearing damage increases with prolonged exposure to sounds over 85 decibels. Keep earplugs handy and wear them in loud environments. Foam earplugs are inexpensive and easy to carry; reusable musician-grade earplugs preserve sound quality while lowering volume.

Watch Out for Recreational Risks

Boating, jet skiing, and off-roading all produce loud engine noise. If you're the driver or spending extended time near engines, wear noise-reducing earmuffs or plugs. Protecting your ears on the water is just as important as protecting your skin from the sun.

Keep Volume in Check

Listening to music through headphones during travel or workouts? Follow the 60/60 rule: listen at no more than 60% volume for no longer than 60 minutes at a time. Noise-canceling headphones help you avoid turning the volume up to drown out background noise.

Stay Vigilant with Kids

Children's ears are more sensitive, yet they're often exposed to loud toys, games, and events. Provide child-sized hearing protection at parades, sporting events, or loud family activities, and model good habits yourself.

Join the KY HEARS Team in Inez, KY

We are still excited about our partnership with the Martin County Health Department. Our doors opened in June and we have been able to see patients on a weekly basis ever since. The community has welcomed us and we feel right at home. At the helm of this office is our amazing Hearing Instrument Specialist and Education Coordinator, Ariel Daniel.



Ariel Daniel earned a Bachelor of Arts in Elementary Education from Morehead State University and a certificate in teaching the deaf and hard of hearing. Having hearing loss herself, Ariel understands the challenges deaf and hard-of-hearing individuals face. While working as a Deaf Education Teacher in the public school system, she connected with many children, families, and professionals in the deaf and hard-of-hearing community. Over time, Ariel wanted to do more to help rural areas beyond her role as a teacher. After attending a KY HEARS event she was inspired and ready for a change, Ariel accepted a position at Heuser two weeks later!

Ariel is passionate about offering the best hearing care possible by sharing helpful information, delivering exceptional patient care, and serving as a valuable resource to the communities she works with. She is married to her husband, Sam, and loves spending time with their 12 nieces and nephews. Ariel also has a brother with hearing loss. In her free time, she enjoys reading, playing video games with her husband, and cooking.

Event Information

Floyd County Hearing Clinic

Location

Physicians for Women and Families

Please call 800-958-9610 to schedule an appointment

When?

Tuesday, Jul 15, 2025, 09:00 AM

Where?

23 Willow Drive, Auxier, KY, USA

Event Information

Magoffin County Hearing Clinic

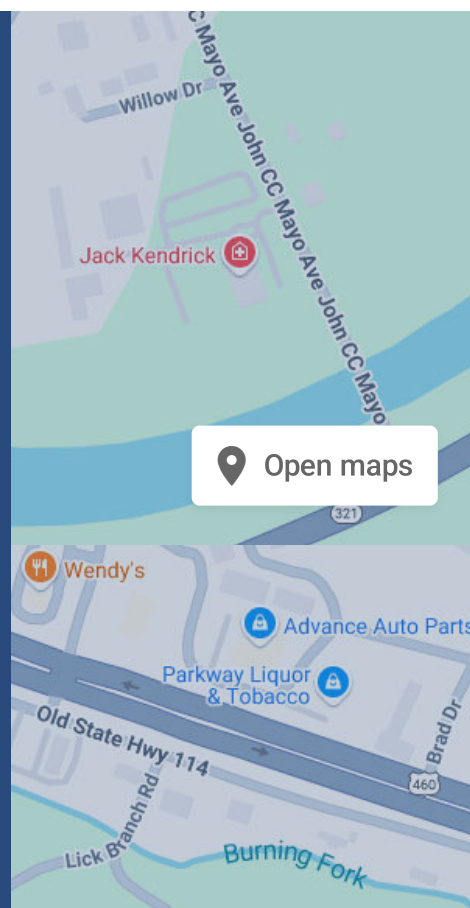
Location

Hope Family Services Podiatry /Pediatrics

Please call 800-958-9610 to schedule an appointment

When?

Friday, Jul 18, 2025, 09:00 AM



Where?

452 Tom Frazier Way, Salyersville, KY, USA

Event Information

Johnson County Hearing Clinic

Location

Johnson County Health Department

Please call 800-958-9610 to schedule an appointment

When?

Thursday, Jul 24, 2025, 09:00 AM

Where?

630 James S Trimble Boulevard, Paintsville, KY, USA

Event Information

Crittenden County Hearing Clinic

Location

Marion Baptist Church

Please call 800-958-9610 to schedule an appointment

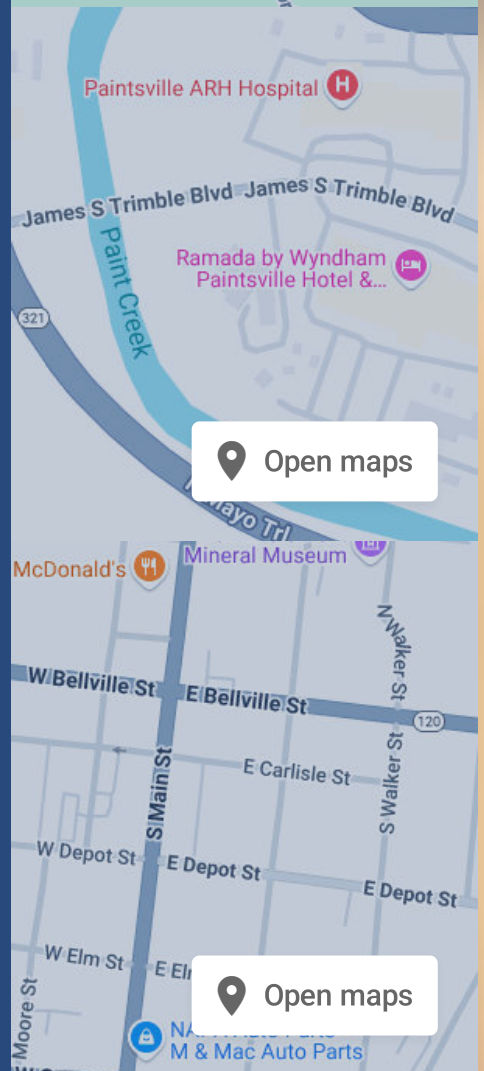
When?

Wednesday, Jul 30, 2025, 07:00 AM

Where?

131 East Depot Street, Marion, KY, USA

 [Open maps](#)



 [Open maps](#)



Have a great 4th of July



Devon Woodlee

Devon is using Smore to create beautiful newsletters