

The Health Benefits of Socializing

Socializing can provide a number of benefits to your physical and mental health. Did you know that connecting with friends may also boost your brain health and lower your risk of dementia? These may be reasons to help justify spending extra time lingering over coffee with a friend, or setting aside time in your busy schedule to connect with family.

Research shows four main benefits of having an active social life:

You may live longer. People with more social support tend to live longer than those who are more isolated, and this is true even after accounting for your overall level of health.

You will enjoy better physical health. Social engagement is associated with a stronger immune system, especially for older adults. This means that you are better able to fight off colds, the flu, and even some types of cancer.

You will enjoy better mental health. Interacting with others boost feelings of well-being and decreases feelings of depression. Research has shown that one that one sure way of improving your mood is to work on building social connections.

You may even lower your risk of dementia. More recently there has been accumulating evidence that socializing is good for your brain health. People who connect with others generally perform better on test of memory and other cognitive skills. In the long run, people with active social lives are less likely to develop dementia than those who are more socially isolated.

Regardless of how you go about connecting with others, remember that it should be in a way that is enjoyable to you so that you will be sure to do it often.

<https://www.psychologytoday.com/us/blog/living-mild-cognitive-impairment/201606/the-health-benefits-socializing> (last Accessed 10/25/2018)

PCC of the Month
Tonya Townsend



Wanting a change in career, Tonya was attracted to the idea of making a positive impact in peoples lives which lead her to applying at Miracle -Ear. Her first day on the job she got to see the joy on the patients faces when they were able to hear their loved ones once again. Witnessing their quality of life being improved right in front of her, she knew that this was something she would be proud to be a part of. “Our patients are like family, so one of the best things about my job is the opportunity to chat with them and learn a little bit more about their life stories every time they come in. It’s very special when you get the chance to connect with so many wonderful people.” In her free time she likes to take her family on trips to the beach, camping and riding four wheelers. One of her favorite hobbies is photography; black and white pictures are her favorite!

Consultant of the Month
Jim Navarra



What started as a terrible accident has lead me to a career in which I excel, dealing with sound reproduction. After a terrible ski accident in 1995 and four long years of recovery, the Lord directed me to the hearing aid industry. One of my most exciting hobbies started at a young age and remains my love; I audition stereo equipment where the music is reproduced to the highest degree of realistic sound reproduction, as if I were at a live performance. Auditioning stereo equipment now helps me to apply and fine tune what I’ve learned to become an even better hearing specialist so my patients benefit from the programming I put into their hearing instruments.

I have been practicing as a hearing specialist for eighteen years and today I help both my patients and new hearing specialists. In the year 2000 after schooling and receiving my board certifications I became a hearing instrument specialist. The most rewarding part of my job is the relationships I have with my patients.

I love my work as a hearing specialist as much as I enjoy my personal life. In my free time I enjoy playing card games. In fact years ago I started a pinochle night once a month and my patients enjoy coming. When I am not with my patients, I enjoy a good book or movie, traveling to a foreign country, and going on walks on the beach with my wife while playing fetch with our dog Abby.

Sweet Potato Casserole

Ingredients:

- 3 cups cooked and mashed sweet potatoes
- 2/3 cup sugar
- 1/2 cup butter, softened
- 2 eggs/ lightly beaten
- 1 teaspoon vanilla
- 1/3 cup milk

Topping

- 1/3 cup butter, melted
- 1 cup brown sugar
- 1/2 cup flour
- 1 cup chopped pecans

Directions:

1. Bake sweet potatoes till soft enough to mash. (To bake: heat oven to 425 for 65 minutes.)
2. Peel off the skin of the sweet potato and mash.
3. Beat in sugar, butter, eggs, vanilla and milk until smooth and creamy.
4. Put in 9x13 greases pan. Set aside.
5. To make the topping, combine butter, brown sugar, flour and chopped pecans in a small bowl.
6. Stir to combine. Crumble topping over sweet potatoes.
7. Bake at 350 degrees for 30 minutes.



<https://www.chef-in-training.com/sweet-potato-casserole-thanksgiving-side-dish/> (last Accessed 10/25/2018)

Cranberry-Pomegranate Sauce



Yield: 6 servings

Ingredients:

- 12-ounce bag fresh cranberries
- 1/2 cup pomegranate juice
- 1 whole pomegranate
- 3/4 cup vegan cane sugar
- 1 tablespoon honey
- Zest of 1 lemon
- Pinch of sea salt
- Pinch of clove powder

Directions:

1. Rinse cranberries and pour them into a tall saucepan. Pour in pomegranate juice. Turn heat on medium-low.
2. Cut the pomegranate and remove all the seeds; run them through a food processor and then a sieve or a food mill in order to strain out the seeds. Pour into the pan along with the sugar, honey, lemon zest, sea salt and clove. Cook for about 30 to 40 minutes until the cranberries pop and the sauce thickens.

<https://well.blogs.nytimes.com/2012/11/15/southern-flavors-on-a-vegetarian-table/> (Last Accessed 10/8/2018)

Riddle of Month

What is the best thing to put into pies?

Answer: _____

STAY TUNED! Answer will be in our December's Newsletter

Answer to October's Riddle: Your Breathe



AS SHE OPENS THE CUPBOARD, LOUISE SUDDENLY REALIZES THAT THEIR ENTIRE RELATIONSHIP WAS A SHAM. FRANK WAS ONLY INTERESTED IN HER FOR HER BODY.