

HEALTH SERVICES PROTECTION PLAN

April 2020

How to Stop Worrying About Things You Can't Change

Determine what you can control.

When you find yourself worrying, take a minute to examine the things you have control over. You can't prevent a storm from coming, but you can prepare for it. You can't control how someone else behaves, but you can control how you react. Recognize that, sometimes, all you can control is your effort and your attitude. When you put your energy into things you can control, you'll be much more effective.

Differentiate between ruminating and problem-solving.

Ask yourself whether your thinking is productive. If you are actively solving a problem, such as by trying to find ways to increase your chances of success, you're on the right track.

If, however, you're wasting your time ruminating, change the channel in your brain. Acknowledge that your thoughts aren't helpful, and get up and go do something else for a few minutes to get your brain focused on something more productive.

Create a plan to manage your stress.

Exercising, eating healthy, and getting plenty of sleep are just a few key things you need to do to take care of yourself.

Find healthy stress relievers, like meditation, an engaging hobby, or time with friends. Pay attention to your stress level, and notice how you cope with distress.

Develop healthy affirmations.

There are two phrases that can be used to remind yourself to either take action or calm down. The first is, *Make it happen*. Whenever you catch yourself saying something like, "I hope I do OK today," remind yourself, "Make it happen." It reminds you that you are in control of your actions.

Then, if you find yourself thinking about something that you have no control over, like, "I hope it doesn't rain on Saturday," tell yourself, you can *handle it*. Those quick little phrases can keep you from wasting your time on things that you can't control. Either do what you can to make it happen or deal with the things you have no control over.

<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201705/how-stop-worrying-about-things-you-cant-change>/LastAccessed3/23/2020

Your health and safety is Miracle-Ear's top priority. Since we are a medical facility, we will remain open. As part of our family, we also want to inform you of the measures we are taking inside our locations to establish a safe and clean environment.

- Increasing proper cleaning and sanitization practices of common surfaces and hearing care rooms between each patient and throughout the day.
- Requiring our team members stay home if they are not feeling well and remain at home until cleared by a medical professional.
- Adjusting schedules to create additional buffer times in between appointments, helping reduce patient-to-patient contact and allowing time for disinfecting procedures.

Despite the ever-changing nature of this virus, we are dedicated to taking care of all our patients and providing the safest environment possible for that to happen. From our family to yours, we thank you for your continued support of Miracle-Ear and remain honored by the trust you place in us.

Sincerely,

Health Services Miracle-Ear

Consultant of the Month Bill Beaver



Bill is very passionate about providing individuals with the best possible hearing care. He really enjoys what he does and loves making a difference in the lives of his patients on a daily basis. Bill is originally from Ohio. In 2010 Bill moved to the Oregon Coast to be closer to his grandkids. His favorite part of the job is when his patients' eyes light up when they hear the difference using hearing aids for the first time!

PCC of the Month Dale Beaver



Dale is the PCC in Newport and Lincoln City. She has a background in customer service, store ownership and caregiving. Becoming the PCC for her husband was a good fit. She has enjoyed getting to know Bill's long time patients and their new ones as well. Her favorite part of her job is knowing that their time and care for each of these individuals is making a positive difference in their lives.

Tomato Basil Penne with Spicy Italian Chickpeas

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Serves: 8

- 1 can (14 ounces) chickpeas, drained and rinsed
- 2 tablespoons extra virgin olive oil
- 2 teaspoons smoked paprika
- 1-2 teaspoons crushed red pepper flakes
- 1 teaspoons fennel seeds
- 1 teaspoons mustard seeds
- 1 teaspoon onion powder
- kosher salt and pepper
- 2 cans (28 ounces) san Marzano tomatoes
- 1/2 cup basil pesto, homemade or store bought
- 1 pound penne pasta
- 8 ounces burrata cheese, torn
- basil, for serving



Heat a large pot over medium high heat, add the chickpeas, olive oil, paprika, crushed red pepper flakes, fennel, mustard seeds, onion powder, and a pinch of salt. Toss well to evenly combine. Cook, stirring often until the chickpeas are warmed through and golden crisp, about 5 minutes. Remove the chickpeas from the pot to a plate and set aside.

To the same pot, add the tomatoes - crushing them by hand as you add them, add the pesto, and a large pinch each of salt and pepper. Bring to a simmer over medium heat, cook stirring occasionally, until the sauce thickens slightly, about 10-15 minutes.

Meanwhile, bring a large pot of salt water to a boil. Cook the pasta according to package direction until al dente. Drain and then toss the pasta in the tomato pesto sauce.

Divide the pasta among bowls. Top with chickpeas and burrata. Garnish with basil.

<https://www.halfbakedharvest.com/easiest-tomato-basil-penne-with-spicy-italian-chickpeas/> Last Accessed 3/15/2020

**They said a mask and gloves were enough
to go to the grocery store.**

They lied. Everybody else had clothes on.

Riddle of the Month

Maybe I can hear everything, but you'll never
hear me say a word. Who am I?

Answer: _____

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

March's Riddle and Answer:

What do you call a dishonest noodle?

An Impasta

