

## 4 Keys to Increase Your Happiness As You Age

Through your youth and early adulthood, you accumulate many varied experiences, both good and bad. You make false starts, turn corners, try new things, meet new people, and every day seems to abound with possibilities.

By age 50, you've likely accumulated the wisdom needed to place yourself on more solid ground with a clearer sense of where your life is going.

**If you see age as a time when you stop doing and stay still, you won't get to experience all the joys of being human: discovering, developing, expanding.** There is no age at which we must abandon our dreams and surrender our possibilities. Putting a salaried occupation behind you doesn't mean giving up purpose in life or a role in the world. If you feel exhausted, or bored, or have a negative attitude, that might not mean what you need to do is reinvent yourself?

People are living longer than ever before, and those are often healthy years, having discarded the unhealthy habits that once held you back. As you grow older, you can contribute to life in a new way, one that is true to who you are today. That is the gift of the present moment. It is fresh and alive with opportunities that aren't bound to the past. There are four keys to increasing your happiness as you get older:

**1. Get to know yourself.** To decide what you want your life to look like, you need to know yourself and accept your deeper truth. Spend time mindfully meditating on this question: What do I want out of tomorrow? This isn't about what you thought your life would look like post 50 when you were 20, and it's not about what other people want you to do. This is about exploring who you are and bringing you center to yourself.

**2. Let go of what's bringing you down.** To create your best possible life, you need to let go of what no longer serves or uplifts you, so you have the energy to pursue what does. Life after 50 can mean slipping the harness off your career and family demands and letting yourself run free—free to pursue the interests and experiences you couldn't when you were preoccupied with the demands of others.

**3. Get clear about what you want.** There are many avenues you can go down to pursue what you want or what you love. Many people in their 50s and 60s invest in career opportunities or new hobbies not to achieve material success, but to achieve meaning. If you carry regrets from things done—and undone—in your earlier years, you have an opportunity to heal relationships and to make your life whole. Think of your healthy years past 55 or 60 as a "longevity bonus." Spend your bonus on doing what you love.

**4. Act now.** If there's something you've always wanted to do, what are you waiting for? You have gained wisdom and experiences over the years; there's no better time to move forward on projects that once seemed impossible. Eventually, you'll face hardships as your body ages, but you are gifted in the present moment with the opportunity for benefit and greater happiness than you've ever experienced before.

Accomplishing your goals for life after 50 may entail more than sheer effort. It requires a willingness to discover the way, which may lie outside of what you currently know. The road to happiness often requires curiosity, openness, and flexibility. But, remember, you're not over the hill; you're at the top of the mountain. Whether you're 18 or 88, every day is a fresh opportunity to create life anew.

### Consultant of the Month Alice Gallagher



Alice Gallagher is our Hearing Aid Specialist in Woodland, CA. She has extensive knowledge within the hearing aid industry. She was in the first class of National Board Certification. She has practiced private practice and served for many years on National boards, state associations and state boards. "Gradual loss of hearing is debilitating and often times ignored by individuals. My favorite part of this profession is improving and changing the lives of people who have become isolated and alone because of their hearing impairment."

### PCC of the Month Erica Galloway



Erica Galloway is our PCC in the Woodland office. Her favorite part about having a career in the hearing industry is the transformations that takes place when a patient can hear again. "It warms my heart when the patients and their loved ones share how their lives have changed for the better, knowing that I'm a part of making that difference."

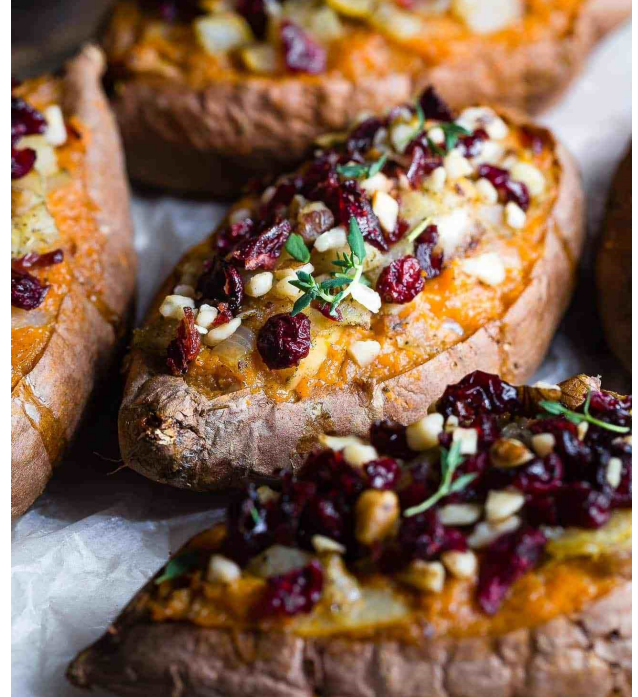
# Harvest Stuffed Sweet Potatoes

Prep Time: 15 mins

Cook Time: 1 hr 15 mins

Total Cook Time: 1hr 30 mins

- 4 small sweet potatoes
  - 1 tbsp olive oil
  - 1/2 cup onion, minced
  - 1 1/3 cups pears, diced and packed (about 2 medium pears)
  - 1 tsp poultry seasoning
  - 4 tsp maple syrup
  - 1 tsp sea salt
  - 1/2 tsp cinnamon
  - 1/4 cup dried cranberries, minced (naturally sweetened)
  - 1 tbsp walnuts, minced
1. Heat oven to 400 degrees. Line the baking sheet with tinfoil or parchment paper.
  2. Place the potatoes on the baking sheet and bake until soft, about 45 minutes to an hour. Set aside for about 10 minutes, until cool enough to handle. Reduce oven to 375 degrees.
  3. Meanwhile, heat the olive oil in a large pan on medium to high heat. Add in onions and cook until it just begins to soften, about 2 minutes. Add in the pears and poultry seasoning and cook until the pears just begin to soften, about 2 to 3 minutes.
  4. Slice down the center of each of each potato and gently peel back just enough skin so you can scoop into the potatoes.
  5. Scoop the insides of the potatoes into a medium bowl, making sure not to break the skin. Leave a little bit of the potato around the outsides, to help the potato hold its shape. Mash the sweet potatoes until smooth.
  6. Reserve 6 tbsp of the pear mixture for later use. Add the rest into the mashed sweet potatoes, along with the maple syrup, salt and cinnamon. Stir until well mixed.
  7. Gently scoop the filling back into each potato. Spread the reserved pear mixture along the center of each potato (about 1 1/2 tbsp per potato).
  8. In a small bowl, mix the cranberries and walnuts. Top sweet potatoes, lightly pressing into the pear mixture.
  9. Bake another 15 to 20 minutes.
  10. Let cool for 5 to 10 minutes. Devour!



<https://www.foodfaithfitness.com/harvest-paleo-vegan-stuffed-sweet-potatoes/> (Last Accessed 10/18/2019)

"I have watched technology evolve over the years. Anyone who has been hesitant to get hearing aids because their parents or grandparents could never get them to work right, should now investigate the new technology."

Alice Gallagher ~ Consultant Woodland, CA

## Riddle of the Month

Why did the golfer wear two pairs of pants golfing?

Answer: \_\_\_\_\_

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

Answer to August's Riddle: Dozens

