

# HEALTH SERVICES PROTECTION PLAN

July 2019

## Simple Tricks to Extend Hearing Aid Battery Life



**Don't remove the tab until you're ready to use them.**

Hearing aids take a specialized type of battery known as a zinc-air battery. Each one has a plastic tab covering tiny holes on the top of the battery. As soon as the tab is removed, air enters the holes and stimulates the zinc.

**Implement the five-minute rule.**

After you remove the tab, don't place the battery into the hearing aid immediately. Instead, wait approximately 5-7 minutes. This will permit the air to properly activate the battery, extending its life by as much as three days.

**Store at room temperature.**

You may have read that you can extend the life of your batteries by keeping them in your refrigerator. The frigid temperature slows the release of power, or so the thinking goes. Best to store at room temperature.

**Leave the hearing aid battery door open when not in use.**

If you're not using your hearing aid, turn it off and open the battery door. This minimizes drain and blocks corrosion. But keep in mind, don't store your hearing aids in the bathroom; moisture and temperature changes are harmful to the batteries. Your bedroom side table is probably the best place.

**Remove the batteries if you won't be using your hearing aids for extended periods.**

If you don't plan on using your hearing aids for a while, removing the batteries entirely will help prevent corrosion.

**Invest in a hearing aid dehumidifier.**

With a hearing aid dehumidifier, you won't have to worry about where to keep your hearing aids. Every night, place your hearing aids in the dehumidifier to expel moisture and to provide a secure place for storage.

**Wash your hands before changing the batteries.**

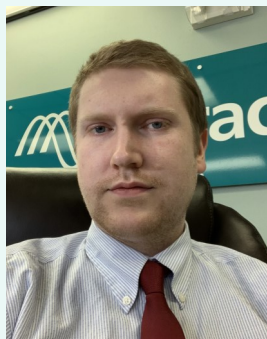
Always remember that dirt, grime, and moisture are harmful for both the hearing aid batteries and the hearing aids themselves.

## Consultant of the Month Cory Ring



Cory is a lifelong Alaskan, born in Soldotna, serving the hearing needs of the Kenai Peninsula. His brother Josh, who is the Patient Care Coordinator, started with the company in October of 2018. They saw a need in their community and knew that Miracle-Ear would make a difference in people's lives. "My favorite part of my job is that moment when a patient tries on a hearing aid for the first time. They're overwhelmed with joy and relief once they realize they can communicate with their loved ones again. Seeing that, and being a part of the moment, is priceless." Cory witnessed the traumatic side effects of a family member struggling with hearing loss years ago. "Seeing a loved one pretend to be a part of a conversation at large family gathering, and then eventually isolating themselves, really took a toll on the whole family. Eventually that isolation led to her moving out-of-state. Looking back now, that I'm able to recognize what went wrong. It inspires me to do everything I can to help prevent this from happening to someone else's family."

## PCC of the Month Josh Ring



Josh is born and raised in Alaska. His brother Cory quickly recruited him to help with the opening of the new Miracle-Ear location in Soldotna and to be the Patient Care Coordinator. When not at the office the brothers can be found outside enjoying the great outdoors of Alaska. "My brother Cory and I have always been big into fishing and any outdoor activity that our great state has to offer. We always try to seize the day and enjoy the beauty of nature. As lifelong Alaskans we face a lot of hardships, such as overnight shipping taking two days and having fresh produce only available for half of the year. I feel having all of us going through these issues helps to build a sense of community!"

# Zucchini Pasta With Lemon Garlic Shrimp

Prep Time: 10 mins

Cook Time: 5 mins

Total Cook Time: 15 mins

## Ingredients:

- 4 medium zucchini
- 1.5 lb approx. 30 raw shrimp, peeled and deveined
- 2 tbsp olive oil
- 4 garlic cloves, finely chopped
- 2 tbsp butter
- 1 lemon, juice and zest
- Pinch of red pepper flakes
- 1/4 cup white wine, or chicken broth
- 1/4 cup chopped parsley
- Salt and pepper, to taste

## Directions:

1. Wash and cut the ends of the zucchini. Using a spiralizer, make the zucchini pasta. Then, set aside.
2. Heat the oil in a large pan over medium-high heat. Add the shrimp in one flat layer and sprinkle with salt and pepper. Cook for one minute without stirring, so the bottom side gets a little crispy.
3. Add the chopped garlic, then stir the shrimp for another minute or two to cook the other side. Use a large spoon or tongs to remove the shrimp to a plate.
4. Add the butter, lemon juice and zest, red pepper flakes and white wine to the pan. Bring to a simmer for 2-3 minutes while stirring.
5. Stir in the parsley, then add the zucchini pasta and toss for 30 seconds to warm it up. Add the shrimp back to the pan and stir for another minute. Serve immediately.

<https://downshiftology.com/recipes/zucchini-pasta-with-lemon-garlic-shrimp/>  
(Last Accessed 5/30/2019)



## To make Zucchini Noodles:

- 2 medium zucchini
  - 1 tbsp olive oil
  - 2 garlic cloves minced
  - 2 tbsp parmesan grated
  - Salt and pepper to taste
1. Slice the ends off the zucchini and place it on your spiralizer. Turn the spiralizer and create zucchini noodles.
  2. Heat the oil in a large pan on medium heat. Add the garlic and sauté for 30 seconds. (Do not over cook)
  3. Add the zucchini noodles and toss them for one minute, just to warm through, then turn off the heat.
  4. Sprinkle on the grated parmesan along with salt and pepper, give them another toss in the pan, then serve them up.

<https://downshiftology.com/how-to-make-and-cook-zucchini-noodles-the-most-popular-methods/> (Last Accessed 5/30/2019)

## Riddle of the Month

What has six faces, but does not wear makeup. It also has twenty-one eyes, but cannot see?

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

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

**Answer to June's Riddle: Silence**

