

# HEALTH SERVICES PROTECTION PLAN

November 2017

## 5 Healthy– Heart Steps That Take Just Minutes

**A few simple habits can help you protect your heart to live a longer, healthier life– starting now.**

Taking care of your heart doesn't need to take a lot of time. Here are five quick actions you can take with big benefits to protect your heart.

### Snack on nuts.

- They supply healthy unsaturated fats. "Eating just 5 ounces of nuts per week is linked to decreased cardiovascular disease," says Johns Hopkins dietitian **Christie Williams, M.S., R.D.N.**

### Sneak in a burst of activity.

- Getting more exercise is one of the best things you can do for a healthy heart. Ideally, you should exercise most days of the week, says Johns Hopkins professor of medicine and exercise physiologist (**Kerry J. Stewart, Ed. D.**) That could be 30 minutes a day, five days a week, for example.
- But your heart also benefits from shorter burst of activity, say 10 to 15 minutes at a stretch, with the goal of accumulating 150 minutes a week.

### Go to bed just a little earlier.

- Without enough sleep, your risk for heart disease and heart attack goes up-no matter your age, your weight, or how much you exercise or smoke.

### Make a call.

- Schedule a checkup if you're overdue so that you and your doctor can stay up-to-date on your heart risk and make a plan to protect your heart.

### TRY IT

#### Ask Your Employer

Workplaces are increasingly offering resources that help employees stay fit, says Johns Hopkins cardiologist **Chiadi Ndumele, M.D., M.H.S.** Ask your human resources department or check your employee handbook about the following possible benefits:

- A discounted gym membership,
- Reimbursement for pedometer or other fitness tracking devices.
- Fitness classes offered on-site
- Wellness programs

If none of these are available, ask whether you can get involved in setting up such programs.

[https://www.hopkinsmedicine.org/health/healthy\\_heart/stay\\_healthy/5-healthy-heart-steps-that-take-just-minutes](https://www.hopkinsmedicine.org/health/healthy_heart/stay_healthy/5-healthy-heart-steps-that-take-just-minutes)

## Have a recipe or a joke you would like featured in the monthly Newsletter?

Easy, just email or mail your original recipe in to the Health Services Protection Plan. If your recipe is selected it will be featured in an upcoming Newsletter.

Please email: [protectionplan@miracle-earnw.com](mailto:protectionplan@miracle-earnw.com)

Mail to: **Health Services Protection Plan LLC**  
**1059 E Iron Eagle Drive Ste #175**  
**Eagle, ID 83616**

## Consultant of the Month Chuck Lambert



Chuck has been working in the industry for 21 years, and he is proud to say that he has been a Miracle-Ear employee for the entire time. He is a certified Hearing Consultant Specialist and he describes the best part of his job as seeing new people every day and building a lasting relationship with his clients. His success as a consultant is followed by an array of awards and certifications such as being a member of the International Hearing Society, Washington Hearing Society, the 2016 Hearing Protection Award, and the 2016 Extraordinary Customer Service Award.

## PCC of the Month Karen Colyar



Karen Colyar is the PCC in our East Wenatchee office. She has been with Miracle-Ear for 2 years. She described her favorite part about working for Miracle-Ear as establishing new relationships, listening to great stories from her patient and assisting them in resolving their personal hearing issues. She is grateful to work for a company that is truly compassionate about the care and wellbeing of others. She holds the 2016-2017 Front Office Associate Certification along with the 2016 Hearing Protection Award and the 2016 Extraordinary Customer Service Award.

# Incredible–Bacon-Wrapped Turkey

This bacon wrapped turkey is every bit as incredible as it looks. It is fun to make and one of the easiest, most flavorful and most turkeys I have ever made.

**Prep Time:** 30 minutes

**Cook Time:** 4 hours

## Ingredients:

- 4 garlic cloves
- 1/2 pound butter, room temperature
- 1 1/2 pound thick cut bacon, divided
- 3 carrots, peeled and cut into 3" pieces
- 3 leeks, cleaned and cut into 3" pieces
- 2 stalks celery, cut into 3" pieces
- 1 onion, quartered
- 2 apple, sliced peels on
- 1 14-pound turkey
- Kosher salt and pepper

## Directions:

- **For the Bacon Butter**– Place oven shelf in bottom of the oven. Heat oven to 450 degrees. Put garlic cloves in a food processor and whirl to finely mince. Add herbs and briefly pulse to chop. Add butter and 1/2 pound of bacon and pulse to combine.
- **To Prepare the Turkey**– Remove the neck, gizzards, liver, pop-up thermometer and discard. Slide your hands between the turkey and the skin to separate. Work your hands all the way around the turkey so that the skin is separated from the flesh.
- Take half of the compounded bacon-herb butter and spread it all around underneath the turkey skin. Rub the remaining butter compound over the skin. Season with salt and pepper.
- **To Weave the Bacon Jacket**– Start by wrapping the drumsticks. Begin at the back to the drumstick and wind the bacon around trying to slightly overlap each piece until each drumstick is covered.
- Place a horizontal strip of bacon across the breast just below the neck hole. Now place a vertical strip of bacon on the far right of the bird, going from neck ends towards the bottom of the bird.
- Alternate weaving horizontal strips and vertical strips until the entire top of the turkey is covered in the jacket. Take care to slightly overlap each strip. Using some kitchen string, tie the legs of the bird together.
- **To Cook the Turkey**– Place an oven rack in the bottom of the oven and remove all the top racks. Heat the oven to 450 degrees. Scatter the carrots, leeks, celery, onion and apples in the bottom of a roasting pan. Place a roasting rack on top of the vegetables and place the turkey on top of the rack.
- Roast for 30 minutes at 450 degrees and then reduce heat to 375 degrees. Watch the bacon and as soon as it begins to darken cover with tin foil, usually in the first 30 minutes. Cook the turkey until its internal temperature reaches 160 degrees, about 15 minutes per pound or about 3 1/2 hours total for a 14 pound bird.
- When the turkey reaches 155 to 160 degrees, remove from the oven and let rest for 30 minutes before serving. The turkey will continue to cook while resting and the internal temperature will rise to 165 degrees. Always use a thermometer to safely determine when the turkey is done.



<https://somethingnewfordinner.com/recipe/incredible-bacon-wrapped-turkey/>  
<http://www.kraftrecipes.com/recipes/bacon-wrapped-turkey-chipotle-orange-169155.aspx>

## Riddle of the Month

You walk into a room with a rabbit holding a carrot, a pig eating slop, and a chimp holding a banana. Which animal in the room is the smartest?

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

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

**Answer to October's Riddle: A Fire**

## A Little Laughter



Fed up with how her diet is going, Charlene takes a more serious aim  
at her weight.