

HEALTH SERVICES PROTECTION PLAN

June 2019

4 Ways Exercise Helps Arthritis



Even the healthiest people can find it hard to stick with an exercise regimen — and if you suffer from the joint pain of arthritis, moving your body may be the last thing you want to think about. Regular exercise not only helps maintain joint function, it also relieves stiffness and reduces pain and fatigue.

If you have arthritis, you want to be sure your exercise routine has these goals in mind:

1. **A better range of motion** (improved joint mobility and flexibility). To increase your range of motion, move a joint as far as it can go and then try to push a little farther. These exercises can be done anytime, even when your joints are painful or swollen, as long as you do them gently.

2. **Stronger muscles** (through resistance training). Fancy equipment isn't needed. You can use your own body weight as resistance to build muscle. For example, this simple exercise can help ease the strain on your knees by strengthening your thigh muscles: Sit in a chair. Now lean forward and stand up by using only your thigh muscles (use your arms for balance only). Stand a moment, then sit back down, using only your thigh muscles.

3. **Better endurance.** Aerobic exercise — such as walking, swimming, and bicycling — strengthens your heart and lungs and thereby increases endurance and overall health. Stick to activities that don't jar your joints, and avoid high-impact activities such as jogging. If you're having a flare-up of symptoms, wait until it subsides before doing endurance exercises.

4. **Better balance.** There are simple ways to work on balance. For example, stand with your weight on both feet, then try lifting one foot while you balance on the other foot for 5 seconds. Repeat on the other side. Over time, work your way up to 30 seconds on each foot. Yoga and tai chi are also good for balance.

<https://www.health.harvard.edu/pain/4-ways-exercise-helps-arthritis>(Last Accessed 5/17/2019)

Consultant of the Month Wade Samford



Wade is the Hearing Instrument Specialist at the Walla Walla Miracle-Ear. He has been with us since 2016. Wade has a long history of service oriented work going back to his first job as a summer camp counselor. "I was very active in Boy Scouts growing up which (along with my parents and rural North Idaho upbringing) really instilled the importance of taking care of the people around you and just generally giving back to society. I was drawn to the industry, and Miracle-Ear in particular, because caring for my patients and enabling them to better thrive in their communities is front and center". When he's not servicing his patients, Wade spends most of his time with his family. Together, they enjoy cooking, camping, and singing karaoke.

PCC of the Month Suzanne Brunell



Suzanne is the Front Office Assistant at our Walla Walla Miracle-Ear location. Having resided in Michigan, she moved to Walla Walla to help her Grandmother and to be closer to family. She was drawn to the hearing industry by her own personal experience with a hearing loss. This experience has given her a deep understanding of what a hearing impairment can have on an individual. "I love this unique industry to change lives through better hearing. I have to say; my favorite part is seeing the transformations in our patients when they are fitted with hearing aids and can hear again. It is most rewarding!" Suzanne has a tremendous heart and a natural ability to take care of others. When she is not at work she enjoys relaxing at home, reading and snuggling with her cat.

Blueberry Baked Oatmeal

Prep Time: 10 mins

Cook Time: 40 mins

Total Cook Time: 50 mins

Ingredients:

- 2/3 cup roughly chopped pecans
- 2 cups old-fashioned oats
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 3/4 teaspoon fine-grain sea salt
- 1/4 teaspoon nutmeg
- 1 3/4 cups milk
- 1/3 cup maple syrup or honey
- 2 large eggs
- 3 tablespoons melted unsalted butter or coconut oil
- 2 tablespoons vanilla extract
- 12 ounces of blueberries (fresh or frozen), divided
- 2 teaspoons raw sugar (optional)

Directions:

1. Preheat oven to 375 degrees. Grease a 9-inch square baking dish. Once the oven has finished preheating, pour the nuts onto a rimmed baking sheet. Toast for 4-5 minutes, until fragrant.
2. In a medium mixing bowl, combine the oats, toasted nuts, cinnamon, baking powder, salt and nutmeg. Whisk to combine.
3. In a smaller mixing bowl, combine the milk, maple syrup or honey, egg, half of the butter or coconut oil, and vanilla. Whisk until blended. (If you used coconut oil and it solidified in contact with the cold ingredients, briefly microwave the bowl in 30 second increments, just until the coconut oil melts again.)



4. Reserve about 1/2 cup of the berries for topping the baked oatmeal, then arrange the remaining berries evenly over the bottom of the baking dish (no need to defrost frozen fruit first). Cover the fruit with the dry oat mixture, then drizzle the wet ingredients over the oats. Wiggle the baking dish to make sure the milk moves down through the oats, then gently pat down any dry oats resting on top.
5. Scatter the remaining berries across the top. Sprinkle some raw sugar on top if you'd like some extra sweetness and crunch.
6. Bake for 42 to 45 minutes, until the top is nice and golden. Remove your baked oatmeal from the oven and let it cool for a few minutes. Drizzle the remaining melted butter on the top before serving.

<https://cookieandkate.com/baked-oatmeal-recipe/> (Last Accessed 5/17/2019)

Riddle of the Month

What disappears as soon as you say its name?

Answer: _____

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

Answer to May's Riddle: Cool Music



CHRIS ALWAYS HAD GOOD LUCK
AGAINST THE FOLDING CHAIRS