

HEALTH SERVICES PROTECTION PLAN

June 2017

5 Ways to Protect Your Brain Health

1. Weave heart-pumping exercise into your daily routine.

"A surprising amount of evidence points to this as the No. 1 thing you can do to improve brain health," Gordon says. In addition to lowering your risk of hypertension and diabetes, improving mood and sleep, and helping with weight control, aerobic exercise may activate certain beneficial genes in the brain. Benefits accrue no matter what age you start, he says.

2. Take care of any medical problems.

Diabetes, heart disease, stroke and hypertension are all known to damage brain health. The good news: You can reduce your risk of each of these health conditions—or potentially control them better.

3. Get enough sleep, and get help for existing sleep problems.

There's increasing evidence that sleep disorders can cause problems with mental functions—including memory. Two of the most common sleep zappers: obstructive sleep apnea and stress.

4. Review the medications you're taking with your doctor.

Some drugs, such as sedatives for anxiety, can affect thinking, says Gordon.

5. Stay socially engaged.

Challenging your brain by learning new things has many benefits. Even better is pursuing interests that connect you with others. "It's probably better for brain health to have a conversation over lunch with a friend than to memorize numbers in reverse, for instance," Gordon says.

Q&A

What Can I Do Now to Strengthen and Protect My Memory?

"The best thing for memory is exercise," says Rick Haganir, Ph. D., director of the John Hopkins Department of Neuroscience. Although researchers aren't clear just how it works, the benefit may be related to increased blood flow to the brain, which strengthens connections between memory-forming cells. Or it may be that exercise triggers the release of certain brain chemicals, including growth factors that are also important in stimulation these con-

Hearing Aid Tip

"When putting Hearing Aids in after showering, make sure your hair and ears are dry. Having moisture around your hearing aids will damage them."

Zach Bennett

Hearing Aid Consultant

Consultant of the Month

Raquel Lopez



Raquel Lopez is a Hearing Aid Consultant in our Pleasant Hill office. She joined the Miracle Ear family in 2012. She has a great passion for helping others and servicing their hearing needs. She has seen firsthand how someone missing out through hearing can affect their quality of life and wants to make sure everyone can hear the wonderful sounds of life.

PCC of the Month

Dolly Drivon



Dolly Drivon is the Patient Care Coordinator at our Pleasant Hill location. Dolly has been with Miracle Ear since 2013. She retired from VISA and took two years off, then decided she missed people and wanted to find a position that she would love. Dolly found Miracle Ear and the position of a PCC puts her in touch with other seniors. She loves working with and getting to know them.

Western Bacon Burger with BBQ Mayo and Crispy Onion Strings

<u>Prep Time</u>	<u>Cook Time</u>	<u>Total Time</u>
15 mins	15 mins	30 mins

Ingredients:

1 pound ground beef	¼ teaspoon paprika
½ white onion	¼ teaspoon cayenne pepper
2 cups buttermilk	½ cup BBQ sauce
½ cup flour	½ cup mayo
½ teaspoon salt	1 avocado, sliced
½ teaspoon garlic powder	optional: lettuce and cheese



Instructions:

- Thinly slice onion. (The slices should be thin enough that you should be able to see the knife through the end of the onion where you're slicing). Place onion slices in a shallow dish and pour buttermilk over the onions. Move them around so they are all in the buttermilk, but they don't have to be completely covered. Let them soak for about 10 minutes. (Use this time to cook your bacon or slice your avocados!)
- In bowl combine flour, salt, garlic power, paprika, and cayenne pepper and wish until well mixed. Dip the onions in the flour mixture, tossing to coat. Put them all in a bowl.
- Fill a pan with ½ inch of oil. Preheat oil to 300 degrees. Use tong to place coated onions in the hot oil. After about 30-40 seconds, turn them over once and cook another 30-40 seconds. Place fried onions on a paper towel-lined plate to drain excess oil.
- Preheat grill. Shape ground beef into 4 equal sized patties. Grill burgers 4-5 minutes on each side until desired doneness is reached.
- Whisk together mayo and BBQ sauce. Spread some BBQ mayo on the inner sides of hamburger buns. Top with grilled hamburgers, avocados, bacon, and fried onions. Serve immediately.

<http://www.lecremedelacrumb.com/western-bacon-burgers-bbq-mayo-crispy-onion-strings/>

A Little Laughter

Three sisters of age 92, 94 and 96 live in a house together.

One night the 96 year old draws a bath, puts her foot in and pauses.

She yells down the stairs, "Was I getting in or *out* of the bath?"

The 94 year old yells back, "I don't know, I'll come up and see."

She starts up the stairs and pauses, then she yells, "Was I going up the stairs or coming down?"

The 92 year old was sitting at the kitchen table having tea listening to her sisters.

She shakes her head and says, "I sure hope I never get that forgetful." She knocks on wood for good measure.

She then yells, "I'll come up and help both of you as soon as I see who's at the door."

Riddle of the Month

What do you break before
you use it?

Answer: _____

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

Answer to May's Riddle: The letter "M"