

## There Are Great Things About Growing Old

### You'll be happier....

"As it turns out, most grumpy old people used to be grumpy young people. Aging doesn't turn a cheerful person into a grouch. To the contrary, research has shown that, as we age, we become more emotionally stable and content. In early adulthood, there are a lot of what-ifs: Am I going to find a soul mate? Have a child? Build a rewarding career? Then you spend the next few decades striving to achieve those goals. But you're older, the what-ifs have been resolved. So you are less stressed and can-finally-relax."

**Laura Cartensen**, 57, Psychologist and Director of the Stanford Center on Longevity

### Wise Decisions Will Come More Easily....

"Scientists used to think that we lose a significant number of our brain cells as we age, but more sophisticated scans have debunked that theory. We now know that we hit our cognitive peak between the ages of 40-68. Through the years, our brains build up connections and recognize patterns, meaning we're better problems-solvers and can more quickly get the gist of an argument. It's the reason why judges and presidents tend to be middle-aged or older. Older brains can swiftly make the right calls."

**Barbara Strauch**, 59, Science editor of the New York Times

### You'll Know Who You Are....

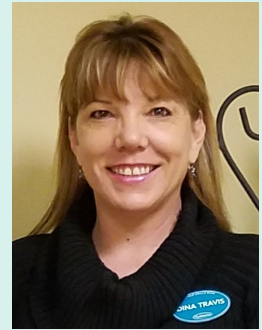
A sense of urgency comes with aging. Before I was 75, I was tentative about many things. But now I know my own voice, and most important, I have the confidence to use it. Today I'm blogging and giving speeches and participation in all sorts of activities that, honestly, I would have been incapable of back in my 60's.

**Betty Reid Soskin**, 89, Park Ranger for the Rosie The Riveter/World War II Home Front National Historic Park

Article Source: <https://www.realsimple.com/work-life/life-strategies/inspiration-motivation/growing-old/be-happy>

## Consultant of the Month

**Dina Travis**



Dina Travis has been practicing as an HIS in our Salem Miracle-Ear office since July of 2010. "When I saw the impact of how hearing aids made such a difference in patients lives, I knew this was the career path for me!"

"Being a Specialist is incredibly rewarding. It is all about the connection with my patients. Every day I can improve their quality of life by making a positive change. The relationships I have built are a daily source of joy. I love that my patients look forward to their appointments and coming to see me.

What means the most to me is spending as much time as I can with family and friends. I enjoy socializing, cooking and playing games. I love being involved and supporting my community whenever possible. Whether it's through our Miracle Ear foundation, local theatre, or festivals on the waterfront; getting out there and making connections is what is important.

I am inspired by my patients every day. Learning about who they are and their life stories is such a huge motivation to make even more of a positive impact. I love coming to work every day and servicing my patients. Seeing the joy in their faces because they are able to stay connected with the world, and knowing I am a part of that is beyond gratifying!"

## PCC of the Month

**Rachelle Lawhorn**



"My inspiring story has a lot to do with just being there for patients. One patient in particular has struggled quite frequently. She came in to our office one day, she didn't have an appointment, and was so distraught. Her husband passed away a month ago, after a long and hard battle with cancer. One of her hearing aids wasn't working and to make matters worse, it was her impaired ear. I took her in the back, checked her hearing aid, and realized her receiver had stopped working. I replaced her receiver, and did a clean and check on both hearing aids. When she put them back in her ears, the look on her face was priceless. "I can hear!!," she cried out. She had tears in her eyes and gave me a big hug. She said, "Rachelle, you are a life saver, I can't thank you enough!"

"I did something so small, something that didn't take much effort at all, but it made her day a thousand times better. Patients like her are the reason I love my job. Hearing is so important, and you'll never really understand unless you start losing yours. The difference we make in their lives is huge. We don't just sell them hearing aids, but follow up

## Honey Mustard Chicken Bacon + Avocado Salad



### INGREDIENTS

#### **Dressing/ Marinade:**

- 1/2 Cup honey
- 3 tablespoons whole grain mustard
- 2 tablespoon smooth and mild Dijon mustard
- 1 teaspoon minced garlic
- Salt to taste
- 4 skinless and boneless chicken thighs or chicken breast

#### **For Salad:**

- 1/4 cup diced bacon, trimmed of rind and fat
- 4 cups romaine lettuce leaves, washed
- 1 cup sliced grape or cherry tomatoes
- 1 large avocado
- 1/4 cup corn kernels
- 1/4 of a red onion, sliced

### INSTRUCTIONS

1. Whisk marinade/ dressing ingredients together to combine. Pour half of the marinade into a shallow dish to marinate the chicken fillets for two hours if time allowed. Refrigerate the reserved untouched marinade to use as a dressing.
2. Heat a nonstick pan (or grill pan or skillet) over medium heat with about a teaspoon of oil and sear/ grill chicken fillets on each side until golden, crispy and cooked through. Once chicken is cooked, set aside and allow to rest.
3. Wipe pan over with paper towel; drizzle with another teaspoon of oil and fry the bacon until crispy.
4. Slice chicken into strips and prepare salad with leaves, tomatoes, avocado slices, corn, onion strips and chicken.
5. Whisk 2 tablespoons of water into the remaining untouched marinade/ dressing and drizzle over salad. Sprinkle the bacon over the top and season with little extra salt and cracked pepper (optional).

<https://cafedelites.com/2016/05/11/honey-mustard-chicken-avocado-bacon-salad/>

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*Riddle of the Month*

What comes once in a minute,  
Twice in a moment, But never  
in a thousand years?

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

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