

Five Ways Hearing Aids Can Help You Live Longer

You've been diagnosed with hearing loss and the hearing healthcare professional is recommending hearing aids. Will they really make that much of a difference, you wonder? Yes. As it turns out, not only can hearing aids help you hear better, they may even help you live longer. Here's how:

Hearing aids can improve your balance

Wearing hearing aids helps you hear better, which frees up your brain's resources to deal with other issues, such as walking and maintaining your balance. More than likely, you've been walking since you were an infant. You don't even think about how to balance anymore, you just do it. But did you realize hearing loss could impact your brain's ability to concentrate on this important function?

"Gait and balance are things most people take for granted, but they are actually very cognitively demanding," Frank Lin, M.D., Ph.D. at Johns Hopkins says. "If hearing loss imposes a cognitive load, there may be fewer cognitive resources to help with maintaining balance and gait."

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Research conducted by Lin and his colleague, Luigi Ferrucci, M.D., Ph.D., of the National Institute on Aging, found those with even mild hearing loss were three times as likely to have a history of falling. Lin said possible explanations for this are that 1) those who don't hear well aren't as aware of their surroundings and 2) straining to hear overloads the brain's resources.

Hearing aids can speed up your response during an emergency

Wearing hearing aids can help you hear better in emergency situations and give you the information you need to make a quick decision and react accordingly. From emergency vehicle and fire engine sirens to households smoke alarms.

Hearing aids can reduce your risk of depression

Wearing hearing aids can lessen your risk for developing feelings of sadness, especially among older adults with severe hearing loss who are at greater risk for developing depression and anxiety than those who hear normally.

A survey conducted by the National Council on Aging (NCOA) of 2,300 adults over the age of 50 with hearing loss found that 30 percent of respondents with untreated hearing loss were more likely to report feeling of depression compared to 22 percent of those who wore hearing aids.

Hearing aids can reduce your social isolation

Hearing aids help you communicate with your friends and loved ones, allows you to remain a part of the conversation and re-engage in life. Finding from the same NCOA survey also found that 42 percent of hearing aid users participate regularly in social activities compared to 32 percent of those with untreated hearing loss.

That's significant because social isolation and loneliness are associated with short lifespans as estimated \$6.7 billion in additional Medicare spending every year.

Hearing aids can reduce your risk of dementia

Wearing hearing aids may lessen your risk for developing Alzheimer's disease and other dementia diseases. Left untreated, mild to moderate hearing loss likely contributes to cognitive decline and may be an early indicator of Alzheimer's disease. Treating hearing loss can also help individuals with stages of dementia communicate more fully with family members and other caregivers.

<https://www.healthyhearing.com/report/52536-Five-ways-hearing-aids-can-help-you-live-longer/> (Last Accessed 1/17/2019)

Consultant of the Month Chuck Lambert



Chuck has been working in the industry for 20+ 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 in the Wenatchee area. 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 and 2017 Hearing Protection Award, and the 2016 Extraordinary Customer Service Award.

PCC of the Month Karen Colyar



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

Lasagna Rolls

Prep Time: 25 mins

Inactive: 10 mins

Cook Time: 50 mins

Ingredients:

Sauce:

- 2 tbs unsalted butter
- 4 tbs all-purpose flour
- 1 1/4 cups whole milk
- 1/4 tsp salt
- 1/8 tsp ground black pepper
- Pinch ground nutmeg

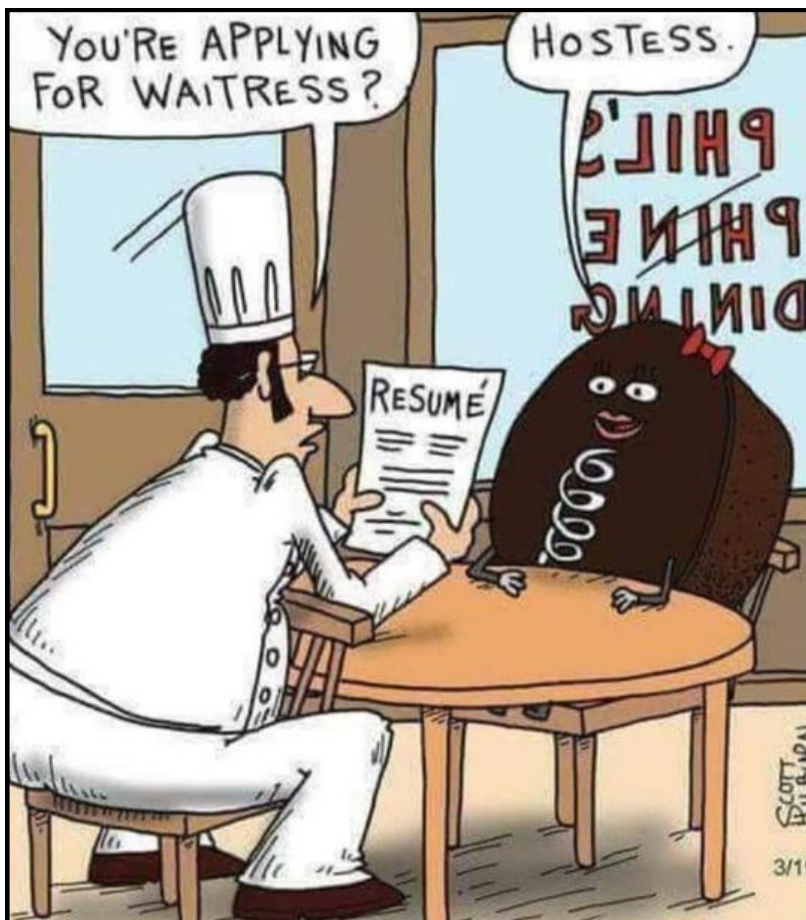
Lasagna:

- 1 (15-ounce) container whole milk ricotta cheese
- 1 (10-ounce) package frozen chopped spinach, thawed, squeezed dry
- 1 cup plus 2 tablespoons grated Parmesan
- 3 ounces thinly sliced prosciutto, chopped
- 1 large egg, beaten to blend
- 3/4 tsp salt, plus more for salting water
- 1/2 teaspoon freshly ground black pepper
- 1 to 2 tbs olive oil
- 12 uncooked lasagna noodles
- 2 cups marinara sauce
- 1 cup shredded mozzarella (about 4 ounces)

Directions:

1. To make the sauce: Melt the butter in a heavy medium saucepan over medium-low heat. Add the flour and whisk for 3 minutes. Whisk in the milk. Increase the heat to medium-high. Whisk the sauce until it comes to a simmer and is thick and smooth, about 3 minutes. Whisk the salt, pepper, and nutmeg into the bechamel sauce.
2. Preheat the oven to 450 degrees F.
3. Whisk the ricotta, spinach, 1 cup parmesan, prosciutto, egg, salt, and pepper in a medium bowl to blend.
4. Add a tbs or 2 of oil to a large pot of boiling salted water. Boil the noodles until just tender but still firm to bite. Drain. Arrange the noodles in a single layer on a baking sheet to prevent them from sticking.
5. Butter a 13-by-9-by-2-inch glass baking dish. Pour the bechamel sauce over the bottom of the prepared dish. Lay out 4 lasagna noodles on a work surface, then spread a large spoonful (about 3 tbs worth) of ricotta mixture evenly over each noodle. Starting at 1 end, roll each noodle like a jelly rolls. Lay the lasagna rolls seam side down, without touching, atop the bechamel sauce and ricotta mixture. Spoon 1 cup of marinara sauce over the lasagna rolls. Sprinkle the mozzarella remaining 2 tbs of Parmesan over the lasagna rolls. Cover tightly with foil. Bake until heated through and the sauce bubbles, about 20 minutes. Uncover and bake until the cheese on top becomes golden, about 15 minutes longer. Let stand for 10 minutes. Meanwhile, heat the remaining marinara sauce in a heavy small saucepan over medium heat until hot, and serve alongside.

<https://www.foodnetwork.com/recipes/giada-de-laurentiis/lasagna-rolls-recipe-1943979/>
(Last accessed 1/17/2019)



Riddle of the Month

What month do people sleep the least?

Answer: _____

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

Answer to January's Riddle: BOOKKEEPER