

Healthy Corner



Fall Recipe - Pumpkin Chili

Ingredients:

- 2 TB olive oil
- 1 onion, diced
- 7 cloves garlic, chopped
- 1 tsp sugar
- 1 TB chili powder
- 1 TB ground cumin
- 1 tsp pumpkin pie spice
- 2 tsp oregano
- 2 tsp ground coriander
- 1 lb lean ground turkey
- 3 TB tomato paste
- 2 green + 1 orange/yellow bell pepper, seeded and chopped
- 29 oz fire roasted tomatoes, with juices
- 3 cups chicken or turkey broth
- 28 oz black beans, from can, rinsed and drained
- ½ cup pure pumpkin puree
- kosher salt and freshly ground black pepper
- shredded cheddar cheese for topping, optional

Instructions:

In a large heavy pot or Dutch oven, heat olive oil until hot. Add onion and garlic, stirring until fragrant, about 30 seconds. Add sugar, chili powder, cumin, pumpkin pie spice, oregano, and coriander. Stir to combine, 10 seconds.

Add ground turkey to pot and sprinkle 1 tsp salt over it; cook/stir to break up into small pieces. When turkey is cooked through, add tomato paste and stir 30 seconds.

Add bell peppers, fire-roasted tomatoes with juices, and broth. Scrape bottom of pan while stirring. Bring chili to a simmer; simmer covered for 20 minutes. Add beans and pumpkin puree. Bring chili back to a simmer for 15-20 min or until heated through. Remove from heat. Add additional kosher salt and freshly ground black pepper to taste. Serve warm, with shredded cheddar cheese if desired.

source: <https://www.chewoutloud.com/healthy-fall-pumpkin-chili-recipe/>



Tips for Using Your Hearing Aids at Work

From social environments to the workplace, a hearing device allows users to participate naturally in conversations. Using your hearing aids at work can help improve your communication, productivity, safety, and well-being. **Here are some tips for using them effectively in the workplace.**

Program for your work environment - You can adjust your hearing aid settings for your work environment. Doing this will help you hear better in different situations, whether chatting with a coworker, listening to a meeting, or answering work calls. Programming your device accordingly and adjusting the volume or directionality will enable you to focus on sounds and have a productive workday.

Leverage hearing aid accessories - Many hearing aid models now have Bluetooth technology and streaming capabilities. This benefits you by making it easier to connect to devices to hear phone calls, video conferences, and other meetings.

Hearing aid maintenance - To keep your hearing aids like new, you should clean them daily. There are kits that are specially made for cleaning and maintenance. Regularly checking and replacing batteries and wiping away wax will ensure optimal performance.

Communicate your needs - While hearing aids can help you in the workplace, you may still need to communicate your needs with colleagues. In particular noisy situations, you may struggle to participate in group discussions or social events. Let your team know about your hearing loss and what they can do to help make communicating easier for you.

Enhance your productivity and workplace satisfaction by wearing your hearing aids—using them while on the job will help you stay involved and thrive.

Comprehensive
EAR & HEARING
of Zeeland

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Dear <First Name>,

I'm writing you today to invite you to our **complimentary Fall Event** during **October 16 - 20** in our Zeeland office.

Medical professionals report it is important for people, age 50 and over, to have their hearing evaluated annually. This is why I am having a complimentary Open House event to assess yours or a loved one's hearing health. All of this at **NO COST** to you.

During the Open House Event you will receive:

- **FREE HEARING SCREENING** - determines degree of hearing loss present
- **FREE** - Otoscopic inspection of ear canal
- **\$1,000 OFF** - premium technology hearing aids
- **RISK FREE TRIAL** - 1-Week Trial

I have enclosed a copy of our fall newsletter to provide you with additional hearing health information.

Call (616) 772-1986 to make an appointment.

Sincerely,



Carli VanHarken, HIS, Owner

Carli VanHarken, HIS, Owner

Cari Marzolf, Audiologist

Cari Marzolf, Audiologist

The C.E.H. Team

The C.E.H. Team

Fall 2023

Nutrition & Better Hearing

Did you know that good nutrition can reduce the risk of hearing loss? In a 2018 study published in the *Journal of Nutrition*, research participants had an approximately 30% lower risk of hearing loss.

Participants had diets high in fruit and vegetables and low in carbohydrates, added sugars, and saturated fats. They also focused on incorporating foods containing beta-carotene, folate, and omega-3 fatty acids, as these vitamins are believed to slow down age-related decline tied to hearing loss.

To make a hearing-healthy meal and reduce your risk of hearing loss, follow these steps:

- Fill your plate half full of fruits and vegetables like carrots, cantaloupe, and leafy greens.
- Use a quarter of your plate for healthy protein, such as fish.

Good nutrition benefits your body in more than one way. Stay healthy, happy, and keep hearing the sounds you love by filling your body with healthy food.



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Exclusive Fall Event Offers Just for You

\$1000 OFF

\$1000 Off
a pair of premium hearing aids
when you schedule by 10/22/23

Cannot be combined with any other offers.

Best Financing

0% Interest
for 12 Months
with Approved Credit



Fall Hearing News

Hearing Aids Could Reduce Your Risk of Dementia

A new study conducted by ACHIEVE shows that using hearing aids may reduce your risk of dementia by 48%. Researchers believe that hearing loss is linked to dementia due to the following three factors:

1. As the cochlea in your inner ear wears out over time, the brain must work harder to understand sounds. This redistribution of brain power leads to cognitive decline.
2. Hearing loss can harm the brain, causing parts of it to atrophy or shrink.
3. Reduction in social activities is essential to cognitive health. However, individuals with hearing loss may pull away from socialization as they have trouble participating in conversation.

What can you do about the connection between hearing loss and dementia? The first step to reduce the development of dementia is to identify your hearing loss and treat it. Even if you have mild hearing loss, Comprehensive Ear & Hearing of Zeeland audiologists recommend using a hearing aid to preserve your cognitive function as much as possible. Early intervention is the most effective way to get ahead of the problem. Plus, hearing aids can improve communication abilities, social functioning, and loneliness.



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October 16 - 20
5 Days Only!

WE'RE OFFERING A RISK FREE 1-WEEK TRIAL AND UP TO \$1000 OFF!