



608 East Clark Boulevard
Murfreesboro, TN 37130

FREE At Home Trial – Take new technology home for 7-days

Short days & cold nights are back



Welcome to our winter version of our quarterly newsletter about better hearing and healthy living. Can you believe the holidays are just around the corner? Indeed, apple cider, pumpkin pie, family gatherings and more are what's in store for us in the next months.

This time of year can bring much joy and fun. But with the bliss, often comes stress. If you're finding that stress is getting the better of you, take some time to relax. And be sure to read our

feature article on managing stress through the holidays. Hopefully you'll find some useful tips.

Remember, another thing that can make your holidays less stressful is to be sure you're hearing your best. If you think you could be hearing better, be sure to call us before the holidays get into full swing,

In the meantime, enjoy this issue and the season!

Call today for information on free hearing consultations, hearing aid clean & checks, or to learn about the newest technologies.

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hear THIS

Follow the beat of better hearing and healthy living

What? I Didn't Know That!

Hear your classic holiday movies

Dust off your favorite holiday movies. Plan to watch them all without turning the volume up so loud that it drives your family away. How? Now you can wirelessly connect your hearing aids to your TV to give you complete control over the volume you hear.

A discreet device receives an audio signal from your TV. It then transmits the signal over a Bluetooth transmitter, such as the uTV™ 3 from Unitron, to deliver it wirelessly to your hearing aids. You'll hear high-quality stereo sound with no interference from other noises in the room. However, they can be programmed so you can still hear conversations in the room while watching TV.

Your family will love that the TV volume remains at a comfortable level. You'll love that you can relax and enjoy a night of movies. To learn more about using this technology for all of your holiday TV watching, contact us today.



uStream & uTV 3

specialreport



Managing the stress of the holidays

Entertaining. Parties. Family visits. Baking. Shopping. The list goes on and on. Though a wonderful time of year, the holidays can often be very demanding and fast-paced. Add to that our high expectations and desire to make it all perfect, and the result is often a pile of stress that can be detrimental to our mental and physical health.

All of this pressure can be too much, leaving us feeling stressed, frazzled, crabby and maybe even depressed. But, don't despair, there

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Stay off the couch and keep moving



For many, the winter season keeps us indoors. The cold makes it really easy to just cozy up on the couch with a book or TV remote. However, there are plenty of ways to keep active even when you're stuck inside.

We all know the health benefits of staying physically active. So what can you do when it's too cold to go outside? Keep walking. One of the best exercises for your health is walking. If you can invest in a treadmill, go for it. If not, put on some music and start walking around the house and up and down the stairs—it works just the same. Throw in some free weights too, and you'll really get moving.

If the home gym isn't right for you, here are some additional ideas to keep moving indoors:

- Join a health club
- Walk the mall
- Take a community education class
- Play a game system like the Wii Fit™
- Go swimming at your local community center
- Brave the cold and continue your normal outdoor activities!

There are lots of fun ways to keep moving indoors. Choose an activity that sounds good to you and enjoy. Both your mind and body will benefit.

Have questions?

We have answers!
Give us a call today!

Managing stress continued from page 1

are things you can do to help manage the stress and make this year's holidays a bit more relaxed. Read on to discover some simple steps you can take to help you get in front of the stress before it peaks.

Be realistic. Don't plan on the holidays being perfect—they rarely are. Make a list of what you expect of yourself and your family. By seeing it on paper and planning it out, you may realize that your expectations are too high. This gives you an opportunity to adjust your list to change or eliminate unrealistic goals.

Manage time. In addition to managing expectations, being realistic can help you better manage your time. Again, writing lists can help schedule your time appropriately and keep you from over scheduling yourself and your family. Remember to schedule time for yourself to relax and do the things you like to do.

Keep a budget. Money can be a big source of stress during the holidays. From all of the gifts, food and even end of the year charity giving, the holidays can put a big strain on our wallets. A good plan is to decide how much you can spend on all of these things and then stick to the plan.

Stay healthy. There's a great risk of losing sight of our healthy habits. With less time for ourselves, exercise often goes by the wayside, and all those holiday goodies can result in overeating.

Even if you follow all of this advice, the holidays still may get the best of you. If you're feeling like the stress is just too much, we recommend a visit to your doctor. Together, you can create a plan that will help you manage the stress.

Another thing to take notice of this holiday season is how well you're hearing. If you think you may not be hearing your best, this can certainly compound the stress even further. There's nothing harder and more tiring than struggling to hear through all of those holiday gatherings!

As you can see, there are many ways to combat the stress of the holidays. The most important thing is finding what works for you and following through so you can enjoy the season.

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- Take an exercise break
 - Relax – try to take at least 15 minutes each day for yourself
 - Listen to music
 - Have a healthy snack
 - Get plenty of sleep



Finally a hearing aid for your active lifestyle

Introducing a hearing aid with reliability and durability to tackle whatever your day brings.



You live an active lifestyle. Whether it's walking, running, tennis, biking or a myriad of other activities, you need your hearing aids to keep up. The all new Moxi™ Dura from Unitron delivers excellence that can meet your demands.

With a longer battery life and enhanced protection from sweat, moisture, debris and dust, Moxi Dura will keep you going for longer. It also offers enhanced flexibility with an onboard push button that allows you to seamlessly change your settings on the go. A telecoil can help make conversations clearer and lets you take advantage of looped facilities for better hearing anywhere life takes you. (Learn more and check out a list of looped venues at loopamerica.com.)

Moxi Dura is built upon a revolutionary new platform with features that are designed to help you understand conversations in noise better than ever before. In fact, the revolutionary technology classifies seven different environments (including noise, quiet, music, conversation in quiet, conversation in a small group, conversation in a crowd, and conversation in noise) and automatically adjusts so you can hear your best in each one. Contact us for more information today.



Moxi Dura



'Tis the season for sea scallops

This holiday season, expand your palette by adding sea scallops to your menu. Available fresh through the winter and frozen all year long, sea scallops have a delicate flavor and are often enjoyed even by those who don't like fish. Sea scallops are translucent white with a sweet smell. A little hint: if they smell fishy, they're no longer fresh. Depending on how you cook your scallops, they can be very low in calories and high in nutritional value.

Just like other fish, sea scallops are high in omega-3 and vitamin B12 which help promote cardiovascular health. They also contain various nutrients and minerals, including magnesium, potassium, zinc, iron and calcium.

Of course how healthy they are for you depends on the way you cook them. Consider broiling or baking over frying. Add them to an entrée, serve with pasta or cut into salads or soups. Remember: to ensure the perfect texture, quick careful cooking is required.



RECIPE

Seared Scallops with Crispy Leeks

Ingredients:

- 1 medium leek, white and light green parts only
- 2 tsp plus 1 tbl extra-virgin olive oil, divided
- 2 tbl all-purpose flour
- 1 tsp paprika
- 1 tsp garlic powder, divided
- 1/2 tsp salt, divided
- 1 tsp Italian seasoning
- 1/2 tsp freshly grated lemon zest
- 1/2 tsp freshly ground pepper
- 1 pound dry sea scallops, tough side muscle removed

Preparation:

1. Preheat oven to 425°F.
2. Cut leek in half lengthwise, then cut each piece in half crosswise. Cut each quarter into long, thin strips. Rinse the strips in hot water and pat dry. Toss in a medium bowl with 2 tsp oil. Sprinkle flour, paprika, 1/2 tsp garlic powder and 1/4 tsp salt over the leeks; toss well to combine. Spread in an even layer on a baking sheet. Bake, stirring once or twice, until the leeks are crispy and golden brown, 10 to 12 minutes. Let stand on the baking sheet until the scallops are done.
3. Meanwhile, combine the remaining 1/2 tsp garlic powder and 1/4 tsp salt with Italian seasoning, lemon zest and pepper in a small bowl. Pat scallops dry and sprinkle both sides with the seasoning mixture. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the scallops and cook until golden brown, 2 to 3 minutes per side. Serve the scallops with the crispy leeks on top. Serve with mashed potatoes and kale sautéed with garlic.

(http://www.eatingwell.com/recipes/scallops_crispy_leeks.html)