

Spring 2024

# HEAR NOW

Your community hearing health newsletter from  
**Audiology Associates of North Jersey**

## Cultivating Wellness: The Power of Gardening

**In a fast-paced world filled with constant stimuli and stressors, finding moments of peace and tranquility can feel like a rare luxury.**

Yet, amidst the chaos of modern life, there exists a timeless remedy that has the power to nourish not just our bodies, but our minds and spirits as well. Enter gardening – a practice deeply rooted in our connection to the earth and the natural world. In this article, we'll explore the myriad ways in which gardening can benefit your overall wellness, from physical health to mental well-being and beyond.

### **Physical Health:**

Gardening is more than just a hobby; it's a form of physical activity that engages the body in gentle yet meaningful ways. From digging and planting to weeding and watering, gardening provides opportunities for low-impact exercise that can improve strength, flexibility, and cardiovascular health. Studies have shown that regular gardening activities, such as digging and planting, can burn calories and contribute to weight management. Additionally, spending time outdoors exposes you to natural sunlight, which boosts vitamin D production and supports bone health.

### **Mental Well-being:**

In today's fast-paced world, stress and anxiety have become all too common. Gardening offers a respite from the hustle and bustle of daily life, allowing you to slow down, reconnect with nature, and cultivate a sense of mindfulness. Digging your hands into the soil, tending to plants, and observing the slow but steady growth of your garden can be deeply therapeutic, helping to reduce stress levels and promote relaxation.

### **Social Connection:**

Gardening has a unique ability to bring people together and foster a sense of community. Whether you're gardening with family members, friends, or neighbors, the shared experience of nurturing plants and watching them flourish creates bonds that transcend age, background, and culture. Gardening clubs, community gardens, and volunteer opportunities provide opportunities for social connection and collaboration, allowing you to connect with individuals who share your passion for gardening.

**Be sure to take a moment to ensure you're hearing your best, so you can fully embrace the sounds that spring has to offer!**

**Audiology Associates of North Jersey**

Helping You **hear** With All My **Heart**





# Experience Life's Adventures with Phonak Lumity Life™ Hearing Aids

**Ready for some fun?** Whether you have hearing aids or are just embarking on your journey to better hearing, you'll be amazed at the latest advancements in hearing aid technology. Meet Phonak Lumity Life, your partner for all life's adventures. These hearing aids aren't just for better hearing; they're waterproof\* too!

**Yes, you heard it right** – Phonak Lumity Life Hearing Aids can handle water! Whether you're swimming, out in the rain, or working out, they've got you covered. No need to worry about water damage – they're built for your active lifestyle.

**Are you a nature lover?** Revel in the vibrant chorus of the outdoors without missing a beat. With their waterproof\* design, Phonak Lumity Life Hearing Aids ensure you hear every rustle, chirp, and flutter with crystal-clear clarity, letting you enjoy the sounds of nature wherever you go.

Whether you're gardening, diving into a pool, exploring a trail, hitting the gym, or just enjoying a stroll in the rain, these hearing aids ensure you never miss a moment of life's sounds. Say goodbye to water damage worries and hello to a world of vibrant sounds.

\*up to 50 cm or 1.64 feet

To learn more about Phonak Lumity Life Hearing Aids, schedule an appointment today.



**See for Yourself!**  
Enjoy a Phonak Lumity Life demonstration at your appointment.



# Unlock Your Morning Potential with Protein-Packed Breakfasts



## Start your day right with a protein-rich breakfast!

Not only does it keep you full and satisfied, but it also provides sustained energy levels, supports muscle repair and growth, and boosts metabolism. Additionally, protein enhances cognitive function and aids in weight management by curbing cravings and regulating appetite hormones. Enjoy a hearty omelet, Greek yogurt with nuts and berries, or a protein smoothie to fuel your body and set the stage for a healthy, productive day ahead.

For a delicious twist, try protein-packed spin on 'plain' pancakes, featuring the recipe below for a nutritious and satisfying meal.

## Cottage Cheese Pancakes



### Ingredients

- 4 eggs
- 1 ½ cups small curd cottage cheese
- 3 tablespoons pure maple syrup, plus more for serving
- 1 teaspoon vanilla extract
- ¾ cup all-purpose flour
- ½ tablespoon baking powder
- ¼ teaspoon kosher salt

### Instructions:

1. In a medium bowl, whisk the eggs, cottage cheese, maple syrup and vanilla.
2. In another bowl, whisk the flour, baking powder and salt. Add it to the bowl with the wet ingredients and mix until a smooth batter forms.
3. Heat a non-stick skillet or griddle over medium heat, then add a bit of butter to coat.
4. Scoop ¼ cup portions of batter and cook the pancakes until golden brown on one side.
5. Flip and cook until cooked through and no longer gooey at the edges.
6. Serve immediately, topped with pure maple syrup.