



IN THIS EDITION:

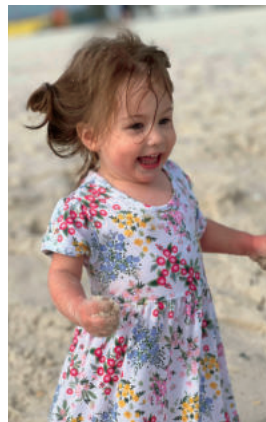
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LITTLE LUNA TURNS 2 AND GOES FOR A GRAND ADVENTURE



Dr. Martinez's daughter Luna turned 2 this spring. Luna loves school and has learned so much from her ABCs to counting to 10. She was able to have a fabulous celebration at school with all her friends eating pizza and a beautiful cookie cake too. Anyone who knows Luna know she loves to eat. She also loves the color green and being outside for adventures.

So it is no surprise that her family decided to take her for a grand adventure to Alabama to visit with family. While we all shivered in the office due to the cold and snowy weather here in Colorado; Luna and her family enjoyed sunny warm days on the beach. We can tell from all the smiles this little one is having the best birthday celebration.

THIS MEMORIAL DAY WE REMEMBER



For many Americans, Memorial Day marks the unofficial start of summer and a weekend of grilling. But for those who have served in the military, and particularly for Gold Star families (the immediate family members of someone who died while serving in the armed forces), the day is far from a happy celebration. It is a day of remembrance of those who have given the ultimate sacrifice for our country.

This memorial day please take a pause to remember those who have gone before us to protect our freedom and the families they left behind.

OUR CINCO DE MAYO CELEBRATION RECIPE

Shrimp Tacos (makes 15 tacos)

Ingredients

12 ounces (2 medium-small round or 4-5 plum) ripe tomatoes, cut into 1/4 inch pieces
Fresh serrano chilis to taste
1/4 cup chopped cilantro, thick bottom stems removed
1 large garlic clove, finely chopped
1 small white onion, finely chopped
1 tablespoon Mexican hot sauce
1 tablespoon ketchup
2 teaspoons fresh lime juice (optional, but you might like the zing it adds)
Salt
about 1/3 cup vegetable oil
1 pound small shrimp, peeled, deveined, and chopped into pieces a little smaller than 1/2 inch
15 corn tortillas
8 ounces shredded Mexican melting cheese



Making the salsa. Scoop the tomatoes, chilies, cilantro, garlic and white onion into a bowl and mix well. Stir in the hot sauce, ketchup and optional lime juice. Taste and season with salt, usually about a scant teaspoon.

Making the shrimp filling. Heat a very large (12inch) heavy skillet- non stick works really well- over medium-high. Pour 2 tablespoons of the oil and when it is hot, add the "salsa" vegetables. cook, stirring regularly, until everything softens together, about 5 minutes. Scoop in the shrimp and stir until they are barely cooked through (they can still be slightly translucent at the center) - about 3 minutes. Scoop the shrimp mixture into a bowl, wash and dry the skillet, and return to medium heat.

Assembling the encamaronadas. Heavily film the bottom of the skillet with oil. When hot, lay in a tortilla. after a few seconds, flip it, then scatter a couple of tablespoons of cheese over one side, top with a generous tablespoon of the filling. Use tongs to fold the uncovered part of the tortillas over the filling, forming a turnover. Gently press flat. Continue to make encamaronadas in the same fashion until the skillet is full, frying them until crisp - 2-3 minutes per side. As they become crisp, remove them to a plate lined with paper towels. Serve right away with more Mexican hot sauce.

Did you know

that your **hearing health** has a direct effect on your **overall health and well-being?**



Tinnitus

Up to 90% of people with tinnitus have some level of noise-induced hearing loss.

Osteoporosis

Osteoporosis can adversely affect the three tiny bones in the middle ear, which can lead to hearing loss.

Hypertension

High blood pressure can be an accelerating factor of hearing loss in adults.



Obesity

Higher body mass index (BMI) and larger waist circumference are associated with increased risk of hearing loss in women.



Safety/Balance

People with mild hearing loss are 3x more likely to have a history of falling than people with normal hearing.



Isolation

Untreated hearing loss can contribute to social isolation, anxiety, depression and cognitive decline.

Cognitive Decline

Adults* with hearing loss experience a 30-40% faster decline in cognitive abilities than their peers with normal hearing.

*75 years and older

Depression



In a recent survey, adults* with untreated hearing loss were more likely to report depression, anxiety and paranoia than peers who wore hearing aids.

*50 years and older

Eye Health



Vision helps you identify where a sound is coming from.

Heart Health

A healthy cardiovascular system has a positive effect on hearing.

Smoking

Current smokers have a 70% higher risk of having hearing loss than nonsmokers.



Diabetes

Hearing loss is twice as common in people with diabetes as their peers without.



Ototoxicity

Ototoxicity is a common cause of hearing loss.

Over 200 medications, including aspirin, certain antibiotics and some anti-cancer drugs, are known to be ototoxic (which literally means "poisonous to the ears").

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SPRING WORD SEARCH

M	G	X	T	U	L	I	P	E	T
O	W	A	R	M	Y	U	S	C	S
S	D	Q	E	C	M	P	W	G	E
S	Y	S	C	K	R	A	X	R	N
O	L	N	R	I	C	B	Y	E	S
L	D	I	N	E	N	I	W	E	E
B	B	G	R	U	T	C	H	N	A
U	V	K	U	P	B	S	I	C	S
S	G	G	E	E	A	O	A	P	O
P	S	R	E	W	O	L	F	E	N

- APRIL
- BLOSSOM
- BUNNY
- CHICK
- EASTER
- EGGS
- FLOWERS
- GREEN
- MAY
- NEST
- PICNIC
- SEASON
- SPRING
- TULIP
- WARM



Spring

DON'T MISS OUT ON ALL THE SOUNDS OF

"Best of the Best" 8 Years in a Row

