



HINDSIGHT IS
20 / 20 :
PROTECT
YOUR VISION
TODAY

Your annual healthcare routine should include a number of healthy habits, like yearly physicals and updated vaccinations, and a regular eye exam is a necessary inclusion. Your vision, while obviously important in its own right, also shares crucial connections with multiple different aspects of your health.

If you've been thinking about putting off your exam, consider a few reasons why you shouldn't:

- **Eye exams are a form of preventive care.** Many diseases that can, later on, have severe effects on your vision and eye health do not show warning symptoms, but managing these conditions is significantly easier when caught early.
- **The eyes offer insight into the health of your entire body.** An eye exam can reveal issues such as high blood pressure, high cholesterol, diabetes, glaucoma and liver disease. Like with your eyes, catching any of these diseases early greatly aids your treatment process.
- **Healthy brain function relies on healthy eyesight.** Your optic nerve connects your eyes and your brain, necessitating a healthy co-dependent relationship. Good vision improves your athletic ability, driving skills, and learning and comprehension, all leading to an overall better quality of life.

Vision is a major part of our everyday life. Protecting it means protecting our whole-body health, as well as our ability to perform necessary tasks. Especially during the summer months, when the sun's UV rays can pose a very real danger, it's always helpful to have a little refresher on eye care.

Here are a few tips to keep your eyes on the prize:

- **Be aware of the recommended check-ups for your age group.** Most adults under age 40 should have a complete eye exam every two to three years. From then on, you should increase in frequency when needed; by the time you reach roughly 65, it's recommended to get a routine eye exam once every year.
 - For children, this is recommended every two years or so, starting at six months.
- **Wear sunglasses and brimmed hats outdoors.** Specifically seek eyewear that absorbs UV rays, supplement with a hat to block additional rays from up above and take breaks from the sun on long days out.
- **Always seek help if necessary.** If you notice any issues, like decreased vision, eye pain, double vision or flashes of light, don't wait for your next appointment. Schedule an appointment as soon as possible to have your eyes checked.

Spinach Peach Salad

Prep Time: 10 minutes
Total Time: 10 minutes
Servings: 4

This simple salad is a perfect summer side dish that includes sweet peaches and a simple five-ingredient dressing.

INGREDIENTS

- 3 cups spinach, chopped
- 3 large peaches, sliced
- 1 avocado, sliced
- ¼ cup crumbled feta cheese
- 2 tablespoons chopped pecans
- ¼ cup fresh basil leaves, roughly chopped

DRESSING

- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon honey
- salt and black pepper to taste

INSTRUCTIONS

Add the spinach to a large salad bowl. Add the peaches and avocado slices on top. Sprinkle it with feta cheese and pecans.

Combine the dressing ingredients in a bowl or mason jar and whisk them together well. Pour the dressing over the salad and top it with fresh basil.

NOTES

Make Ahead: You can make the dressing up to five days in advance.

Storage: Store any leftovers in an airtight container for two to three days.

Recipe adapted from: feelgoodfoodie.net.

AGREE TO DISAGREE: 10 Tips for Disagreeing Respectfully

1 Take a deep breath and count to ten to stay calm. Try talking slower and in an even tone to keep the other person calm, too.

2 Prioritize logic and facts over emotions. Try to focus on your reasoning and the information supporting your opinion.

3 Recap the other person's point of view to validate the original point, show you truly understand it, and to create a strong foundation for the conversation.

4 Highlight and verbalize the good component(s) in the other person's statement. Find the shimmering gold nugget of knowledge in the disagreement.

5 Try to identify a common goal.

6 Soften the tone of your language. Use "I" statements rather than "you" statements. This subtle practice can alter how your message is received.

7 Avoid using any judgement or words that would offend the other person, such as "naïve," "hasty," or "foolish."

8 Reiterate that this is your opinion. Invite them to share their perspective about your opinion. Use phrases like, "Tell me where I'm wrong with this." Be open to hearing their opinions and remain engaged in the dialogue. Good answers come from asking good questions.

9 Actively listen.

Active-listening prompts:

- Reflecting: "It sounds to me like..."
- Affirming: Smiling, nodding or brief verbal affirmations like "I see." and "mm hmm."
- Encouraging: "And then?"
- Pay attention; withhold judgement; reflect and clarify; summarize and share.

10 Remember it's OK to walk away, to take time to process it and to reconvene later, if everyone agrees to do so.

Disagreements are inevitable. Respectful disagreements can lead to new ideas and productive collaboration. In fact, we often learn much more from those we disagree with than those otherwise.

"Every great idea is really just a spectacular disagreement with some other great idea."

"Six Key Tips to Respectfully Disagree With Someone," Kat Boogaard, inc.com, Sept. 29, 2016.

"How to Disagree With Someone More Powerful Than You," Amy Gallo, hbr.org, March 17, 2016.

"The Dying Art of Disagreement," The New York Times, Sept. 24, 2017.

"How to Politely Disagree, According to Science," Michelle Kinder, Jan. 27, 2017.