

## Energize & Engage

This month's newsletter explores different ways we tap – and sap! – our energies. For example, some people feel drained and exhausted by the sheer thought of gearing up for the holiday season. Others wait all year for the parties to begin. Whatever your style, read on to learn more about using your energies wisely and well.

## In This Edition

- Time for an Energy Tune-Up?**
- Head Games: Brain Push-Ups Prevent Dementia**
- Mingling 101**
- Slaving over a Hot...Dishwasher?!**

## Energy Enhancers

### Time for an Energy Tune-Up?



Many people say they wake up feeling exhausted before they've even gotten out of bed. Just thinking about the day ahead wears them out. And with the holidays upon us, schedules are likely to become even more demanding. Find out some tips on tuning up your energy level. [More...](#)

[En Español](#)

## Quick Links

- [Download the Newsletter](#)  
- [English](#) / [Spanish](#) / [Text, ES](#)
- [Download the Monthly Calendar](#)

### Energy Zappers

Although there is no "one size fits all" approach to boosting physical energy, there are factors that are well known to be a drain for many. These include: dehydration, inactivity, overeating, under-eating and sleep deprivation.

## Worklife Balance



### Head Games: Brain Push-Ups Prevent Dementia

Older people may be able to maintain mental sharpness by exercising their brains. Researcher Dr. Joe Verghese studied about 500 people for 21 years and interviewed them about their hobbies. [More...](#)

[En Español](#)

## Webinars

### The Perils of Perfectionism & Procrastination

Choose a session below and register today!

**November 9th @ 12 PM EST**  
**November 11th @ 3 PM EST**

[Click here to download a list of webinars for November-December.](#)

## Mind Matters



### Mingling 101

Social skills are often tested at holiday time. You may receive invitations to office parties, family gatherings, and get-togethers with neighbors and friends. And you're usually expected to arrive with plenty of holiday spirit. [More...](#)

[En Español](#)

## Need H2O?

Water is essential to good health because it:

- helps maintain energy.
- helps organs work.
- regulates body temperature.
- moves nutrients in the body.
- removes waste products.
- can reduce appetite and aid in weight loss.

Keep a bottle of water with you and drink!

## A New Take on Turkey



### Slaving over a Hot... Dishwasher?!

You may be a pro when it comes to roasting your Thanksgiving turkey in the oven. But are you ready to try your culinary skills on something new and different? Then here it is: Turkey à la Dishwasher! [More...](#)

[En Español](#)

## Peanut Butter Month

### November is National Peanut Butter Month

Did you know West Coasters prefer chunky peanut butter, while East Coasters like the creamy style? And for something really useful, remember: creamy peanut butter is good for removing chewing gum.