

## 6 ways to have more ENERGY!

**1. Feed your body right.** To function fully and feel well, we need our blood-sugar levels to be steady and in a healthy range. Blood sugar that is too low or too high can cause fatigue. These levels are affected by the foods we eat. A balanced diet can keep healthy levels stable.

**2. Follow the light.** Our energy levels are connected with seasonal light cycles. That's why many feel like they are dragging during autumn when the number of daylight hours decreases. This condition is called SAP (seasonal affective disorder), and it can be relieved by maintaining stable blood sugar through a proper diet and by getting regular doses of natural light. Natural light increases the body's production of serotonin, one of the neurotransmitters that is essential for a healthy mood. And good energy.

**3. Lighten Your Load.** Imagine that you have six months to live. What would you cut from your schedule? And what could you add that would bring you the most pleasure? Feeling pleasure is the first step to restoring energy. A taxing schedule takes a toll on your health.

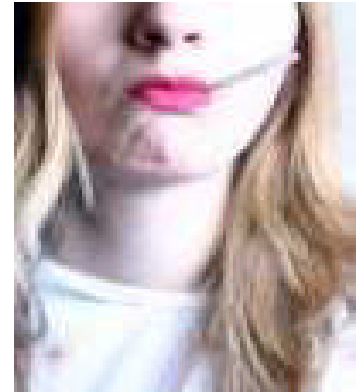
**4. Feel to heal.** It takes an enormous amount of energy to remain stuck in chronic grief, resentment or sadness. Often, we try to resist these genuine emotions by keeping a stiff upper lip or a cheerful demeanor when we're really seething inside. This is especially true during the times of the year when subconscious beliefs or difficult emotions surface, such as the anniversary of a death or divorce.

**5. Look for the positive.** Every thought in our heads is accompanied by a cascade of biochemical called neurotransmitters. In general thoughts that are optimistic, grateful and loving result in "feel good" neurotransmitters called endorphins. The same "feel good" chemicals are produced during exercise, love-making and meditation. By contrast, thoughts that are fearful, angry or hopeless increase levels of stress hormones, which make us feel tired, anxious and irritable. Fatigue is a physical ailment. Yet changing the way you think can help restore energy.

Learning to focus on the positive can do wonders for energy levels as well as improve health and longevity. Research suggests when people train themselves to feel love and gratitude regularly, their blood pressure normalizes, their heart function stabilizes and they have more energy.

Practice a positive attitude by each day writing down three to five things for which you are grateful. And take notice when you fall into a "poor me" or martyred state of mind. Then do all you can to turn those thoughts around.

**6. Get More Sleep.** A good night's sleep is the body's natural, simplest and most efficient way of refreshing itself. Not only is lack of sleep a cause of fatigue, it is also a risk factor for depression and other ailments. To get your body primed for sleep, refrain from surfing the Web, checking e-mail or watching television for half an hour before bed. Cutting out such stimulation will give your brain a chance to wind down. In a nutshell— Make the changes that speak to you. Leave the rest. The most important change you can make is in your attitude. On its own, a good attitude will begin to energize every cell in your body.



### Reduce your chances of catching the Flu

- Get a flu shot.
- Wash your hands often.
- Cover your cough.
- Avoid touching your face.
- Clean surfaces.
- Don't smoke.
- Eat a healthy diet.
- Exercise.
- Get plenty of rest.
- Reduce stress.

## Let's Talk Turkey!

### Roasting Your Turkey



- Set your oven temperature than 325° F.
- Place your turkey or turkey breast on a rack in a shallow roasting pan.
- *For optimum safety, stuffing a turkey is not recommended.* For more even cooking, it is recommended you cook your stuffing outside the bird in a casserole. The stuffing must reach a safe minimum internal temperature of 165° F.

### Timetables for Turkey Roasting (325° F oven temperature).

These times are approximate. Always use a food thermometer to check the internal temperature of your turkey and stuffing.

**Unstuffed:** 4 to 6 pounds (breast): 1-1/2 to 3-1/4: hours. 6 to 8 pounds: 2-3/4/ to 3 hours. 8 to 18 pounds: 3-3/4/ to 4-1/4 to 4-1/2 hours. 20 to 24 pounds: 4-1/2 hours to 5 hours.

**Stuffed:** 4 to 8 pounds (breast): not usually applicable. 8 to 12 pounds: 3 to 3-1/2 hours. 12 to 14 pounds: 3--1/2 to 4 to 4 hours. 14-18 pounds: 4-4-1/2 hours. 18-20 pounds: 4-1/4 to 4-3/4 hours. 20 to 24 pounds: 4-3/4 hours to 5-1/4 hours.

It is safe to cook a turkey from the frozen state. The cooking time will take **a least 50 percent longer** than recommended for a fully thawed turkey. Remember to remove the giblet packages during the cooking time. Remove carefully with tongs or a fork.

**REMEMBER!** Always wash hands, utensils, the sink, and anything else that comes in contact with raw turkey and its juices with soap and water.

For more information about safety (in English and Spanish), call; USDA Meat and Poultry Hotline **1-888-MPHotline (1-888-674-6854)** —USDA

Happy Thanksgiving!  
from HBA

## Caregivers Resource Helpline

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Senior Approved Services is the only company nationwide requiring a 90% or higher senior satisfaction rating. Only those services with a 90% or higher rating are permitted within their resources, and services.

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### Apple-Walnut Salad with Cranberry Vinaigrette

4- cup fresh or frozen cranberries

¼ cup balsamic vinegar

1-tablespoon sugar

1- tablespoon chopped red onion

1- teaspoon Dijon mustard

1- cup vegetable oil

Thaw cranberries if using frozen. Puree cranberries in processor until smooth. Add vinegar, Onion, sugar and mustard and process until well blended. With processor running, gradually add oil and process until well blended. Transfer to medium bowl. Season to taste with salt and pepper. (Can be made one day ahead. Cover, chill. Bring to room temperature and whisk before using.) Combine greens and apples in large bowl. Toss with enough dressing to coat. Sprinkle with walnuts. Serve, passing remaining dressing separately.

Serves six