

You've got what it takes



Finish strong

November 2017 Newsletter

Coming down the homestretch of 2017

Monthly Awareness:
Not so "Gentle on my mind"

Infographic:
Quotes for when you feel like giving up

Let's Talk video:
How healthy is your relationship?



If you're like many people, 2017 may already seem like a blur. But the next two months really count too. **Find tips to finish the year out strong.**

As our aging population grows, so will the cases of Alzheimer's. **Learn more about Alzheimer's disease and resources for help.**

Sometimes life gets you down. How do you keep going when the going gets tough? **Remember these positive quotes to inspire hope.**

Relationships are a vital part of our life. Not all relationships are created equal though. **Watch the How healthy is your relationship video here...**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

Resources *for* Living®

Coming down the homestretch of 2017



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Is it possible that we're already talking about Thanksgiving, December holidays and New Year's Eve? Where did the last ten months go?

Time flies when you're having fun...and working hard!

If you're like many people, 2017 may already seem like a blur. But the next two months really count too. As Olympic gold medalist Usain Bolt said about his own running, "There are better starters than me but I'm a strong finisher."¹

Now's your time to finish strong

Maybe you've accomplished the things you set out to do in 2017. Or perhaps you still have items on your to-do list. Either way, here are some tips for keeping up your momentum as you come down to the finish line of 2017:

- **Refine your goals.** The resolutions you made earlier in the year may seem a bit fuzzy now. Revisit your remaining goals and decide if they're still priorities.
- **Motivate yourself.** You know best what keeps you on course. For many people, it's rewarding yourself for the small steps you take toward your larger goal. For others, it's the satisfaction of crossing things off your list of tasks. Whatever method keeps you on track — now's the time to do it.
- **Be grateful.** It's hard to avoid looking back at the challenges, hurts and disappointments of the past year. But don't forget the favors, kindnesses and good fortune you experienced as well. Feeling grateful can add wind to your sails as you finish the year.

Another runner, marathoner Barry Magee, said "Anyone can run 20 miles. It's the last six that count."² Even if your goal feels like a marathon, that last push can make all the difference!

¹[brainyquote](#). Accessed August 2017.

²[inspiringquotes](#). Accessed August 2017.

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Not so “Gentle on my mind”



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Glen Campbell, famous singer and songwriter, won awards for songs like “Gentle on My Mind.” Campbell was diagnosed with Alzheimer’s disease in 2011. But, rather than hide his illness, he went public with it — very public.

In fact, he went on a concert tour across the country. He got cheers and love for sharing his art — and his disease — so openly. Campbell died in August 2017. And that last tour became a TV movie called “I’ll be me.” It’s a moving tribute to Campbell, his family, caregivers and all others who suffer from Alzheimer’s.

Most of us aren’t as well-known as Glen Campbell. But we can use his example to be brave and proactive. The first step is to become aware.

What is Alzheimer’s?

Alzheimer’s is a form of dementia. People with Alzheimer’s slowly lose many things we take for granted — like memory, speech and recall of familiar places and people. They lose everyday skills like driving, dressing and even feeding themselves.

Their personalities can also change. They may suffer from depression, anxiety, irritability and other new emotions. Complications of the disease are usually the cause of death.

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We’ll all know someone with Alzheimer’s

As our aging population grows, so will the cases of Alzheimer’s. That’s because it usually affects people over 65 — although it can strike younger adults too.

Alzheimer’s is fatal and there’s no known cure at this time. But there are treatments to help control some of the symptoms. And there’s ongoing research into the causes and cures.

There’s also help and support for caregivers. They have a huge job in trying to care for loved ones. It’s a task that can impact their lives, health and finances.

Get help and information

Are you concerned that someone you know may have Alzheimer’s? Or are you a caregiver? Learn more and get help at the National Alzheimer’s Organization (alz.org). You can also call their 24-hour helpline at 1-800-272-3900.

There’s nothing good about Alzheimer’s. But people like Glen Campbell have made it easier to talk about it, reach out for help and be part of the solution.

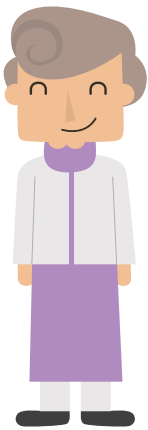
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Five things to tell yourself when you want to give up

Sometimes life gets you down. How do you keep going when the going gets tough? Try telling yourself one (or all) of these five phrases:

"Life is tough, my darling, but so are you."

- Stephanie Bennet-Henry¹



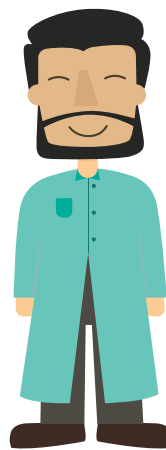
"It always seems impossible until it's done."

- Nelson Mandela¹



"If there is no struggle, there is no progress."

- Frederick Douglass²



"You can't give up! If you give up, you're like everybody else."

- Chris Evert⁴



"You never fail until you stop trying."

- Albert Einstein³



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¹ Nolan, Shannon. 15 Quotes to Get You Through a Stressful Day. The Odyssey. Accessed August 2017.

² Frederick Douglass Quotable Quote. Goodreads. Accessed August 2017.

³ Albert Einstein Quotable Quote. Goodreads. Accessed August 2017.

⁴ Chris Evert Quotes. BrainyQuote. Accessed August 2017.