

Looking Back to Look Ahead

As 2010 comes to a close it's important to recognize the many purposes served by looking back on the year. Reflection is a vital tool that helps us understand events, find peace within ourselves — and with others — and pave the way to an exciting new year. So enjoy the holidays and prepare to turn the page to 2011. Let a brand new year begin!

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Keys to the Future

Paving the way to a positive new year



Year one of a new decade is almost behind us. Within days the holiday season will have been duly celebrated — and we'll be seeing replays of that glittering ball dropping in New York's Times Square. A brand new year and a blank slate!

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Tis the Season

The holidays can be wonderful — and stressful. This season try the following to reduce the stress: allow some time for yourself; create a budget and stick with it; eat and drink in moderation; make time for rest and exercise; and celebrate the good.

Worklife Balance



The true meaning of relaxation

Dictionary definitions of "relaxation" include: "Refreshment of body or mind; recreation; relief from bodily or mental work, effort, etc." And yet as a whole, many find it hard to truly relax. [More...](#)

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Webinars

The Best Gift of All: Giving the Gift of Forgiveness

Choose a session below and register today!

December 7th @ 3 PM EST
December 9th @ 12 PM EST

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Senior Savvy



Reminiscing for the elderly: It's more than just the memories

Who doesn't enjoy reminiscing about the past? It's just fun — and creates such a sense of connection. Reminiscence is more than simply recalling a past event. It is the reliving of an experience in a way that is quite personal and vivid. [More...](#)

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Toy Safety

Seven quick tips for making safe toy selections:

1. Read and heed warning labels.
2. Check for sharp points.
3. Beware of long chords.
4. Avoid toys with small parts.
5. Test the volume.
6. Ensure the toy is sturdy.
7. Review toy recall lists.

Keep Your Eye on the Ball



The life and times of the Times Square New Year's Eve ball

Millions of eyes focus on New York City's Times Square as the sparkling New Year's Eve Ball begins its descent. Voices all over the world unite for the final countdown. Have you ever wondered where this tradition originated?

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Buyer Beware

Identity Theft

During this holiday season, take steps to avoid identity theft. These include:

- Shred financial or credit-related documents.
- Check your credit report regularly.
- Review all credit card statements.
- Don't reply to e-mail requests from strangers for personal info.
- Avoid using easy passwords.