

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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November Spotlight: Infection prevention

This month, we're highlighting information about preventing infections. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about infection prevention from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, select the **ES** icon in the top right corner.

- [Handwashing](#)
- [Lavado de manos](#)
- [How to protect yourself and others from COVID-19](#)
- [Cómo protegerse a sí mismo y a otros de la COVID-19](#)

These additional links from other health organizations offer more information about preventing infections:

- [How to prevent norovirus](#)
- [How to prevent E. coli infection](#)
- [Avoid foodborne illness during temporary power outages](#)
- [Staying safe from sepsis](#)

Healthy recipes

- [Eve's tasty turkey tetrazzini](#)
- [Sweet potato pie](#)
- [Autumn vegetable succotash](#)
- [Applesauce](#)

Mental health awareness

World Kindness Day is November 13. Psychologists have found that performing acts of generosity boosts happiness and well-being and is even linked to physical health benefits, including lower blood pressure. Choose 1 (or more!) of these [7 acts of kindness](#) to help reinforce kindness as the norm in your daily life and the lives of others.



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[Be a germ buster](#)

Disinfecting your home, car and personal items is key to staying well this winter.

[The science of mind games](#)

Boost your brain activity and ward off memory loss while having fun.

[Asking for a friend](#)

How to be honest with your doctor about embarrassing health topics.

Find the entire **Fall** issue [here!](#)