

Freedom Wealth Newsletter!

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Issue 144
October 2020

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Bringing People to the Center

Shortly after being forced out of Apple Computer, Steve Jobs bought a small computer manufacturer named Pixar.

In 2000, he relocated the company to an abandoned factory. The original plan called for three buildings, with separate offices for computer scientists, animators, and the Pixar executives.

Jobs immediately scrapped it. Instead of three buildings, he wanted a single vast space with an atrium at its center.

As Pixar's Ed Catmull explains, "The philosophy behind this design is that it's good to put the most important function at the heart of the building. Well, what's our most important function? It's the interaction of our employees. That's why Steve put a big empty space there. He wanted to create an open area for people to always be talking to each other."

Jobs saw separated offices as a design problem. He shifted the mailboxes to the atrium, then moved the meeting rooms, cafeteria, coffee bar, and gift shop to the center of the building.

"The atrium initially might seem like a waste of space," says director Brad Bird. "But Steve realized that when people run into each other, when they make eye contact, things happen."

Jobs insisted that the best creations occurred when people from disparate fields were connected, especially in an age of intellectual fragmentation.

Telemedicine on the Rise

The need for regular medical care doesn't disappear during a pandemic. But with many people wary of hanging out in doctors' offices with other sick people, virtual medicine is on the rise.

Entrepreneur magazine outlines some of the advantages:

- **Greater access.** Patients no longer have to travel long distances if they live far from a medical center, which is crucial to those in rural areas. Doctors can provide information and advice from different locations.
- **Affordability.** Telemedicine can help physicians contain costs associated with running an office. These days, more insurers are compensating doctors for virtual visits, making the practice more viable.
- **Improved patient satisfaction.** Patients are seeing the benefits of telemedicine, which include lower costs, reduced wait time, and more efficient monitoring.

Monthly Quiz

1. Born into a family of Dutch Americans, who was the only US President to speak English as a second language?
2. In the 2018 superhero flick, The Dark Knight, which actor played Batman?
3. To celebrate its 30th birthday in 2010, Google placed a playable version of what arcade game on its homepage?

Did You Know?

- The longest time a person has been in a coma is 37 years
- The first product to have a bar code was Wrigley's gum
- The first Lifesaver flavor was peppermint
- The longest one syllable word in the English language is 'screeched'
- A squid has 10 tentacles
- The average American eats 263 eggs a year
- In 75% of American households, women manage the money and pay the bills
- Hypnotism is banned in public schools in San Diego (U.S.)
- A third of Americans flush the toilet while they're still sitting on it
- You're more likely to get stung by a bee on a windy day than any other

*Thanks www.did-you-knows.com p25

Health in the News

Youngsters less likely to transmit virus, but risks remain

The coronavirus poses a serious health risk to the elderly and people with underlying medical conditions like diabetes and hypertension, but young people are far from immune.

The New York Times reports that a South Korean study of 65,000 people found that although children under 10 are half as likely to transmit the virus to others than adults do, they can still do so. Also, younger people 10–19 can spread the disease as at least as easily as grownups do.

This of course raises questions around the safety of reopening schools in the midst of the pandemic, as many politicians and parents are eager to do. Researchers theorize that children 10 and under are less likely to spread the sickness because they typically exhale less air and because they're closer to the ground than adults are. Older kids may continue to follow the same unhygienic behaviors that their younger counterparts do, and also socialize more in school and out— all adding to the challenges of providing education as economies struggle to reopen.

Medical changes will affect seniors even after vaccine

Even when a vaccine for the coronavirus is found and widely available, much of our culture will feel the effects for a long time to come. Senior citizens—the “Baby Boom” generation, born 1945–1965—will probably continue to take additional precautions to safeguard their health, according to the Kaiser Health News website. Here's what to expect:

- **Telemedicine.** About 42% of people over 75 are using virtual options for medical advice and treatment. By the time a vaccine has been found and distributed, experts expect that one in three doctors' visits will be conducted via video. This will allow patients to see doctors more often and have their conditions monitored more consistently.
- **Multiple doctors.** The changing face of medicine means that few of us will rely on just one primary care doctor. Older people will see a team of specialists who focus on specific problems and conditions. This allows doctors greater flexibility and saves time for patients who have to consult with more than one physician.
- **Drugstore vaccinations.** Pharmacies will increasingly offer vaccinations for the flu and other diseases, eliminating the need for a doctor's visit and long waiting times.
- **Measurement devices.** In the near future, doctors will be able to measure various conditions like blood sugar and blood pressure remotely. Devices at home may enable patients to analyze urine and fecal samples without the need for a visit.

Answers to Quiz

1. Martin Van Buren
2. Christian Bale
3. Pac-Man

Thoughts of the Month...

"If you focus on results, you'll never change. If you focus on change, you'll get results."

-Jack Dixon

"Optimism is the one quality more associated with success and happiness than any other."

-Brian Tracy

Referral Corner

I want to thank you for your referrals over the years. We always ask our clients, "If they can just refer us one client per year, it would help us immensely." We are grateful to everyone who's referred someone our way, and we always love to have new people become part of our inner circle of friends and family.

Halloween Roasted Veggies



With sweet potato jack-o-lanterns, beet root witch's hats, and spooky potato ghosts, these Halloween Roasted Veggies perfect for Halloween dinner.

Halloween Roasted Veggies

- 2 large sweet potatoes
- 2 large white potatoes
- 4 carrots peeled
- 3 red beets
- 2 Tbsp olive oil
- Pinch of salt and pepper
- ½ bulb garlic cloves separated with skin still on
- 1 tsp balsamic vinegar
- 1 tsp honey

Bring a large pot of water to a boil.

Cut potatoes in half, width wise, then drop into the boiling water. Boil for 5 minutes, then remove. Drop whole beets and carrots into the water and cook for 5 minutes.

Cut the potatoes into ½ inch thick (1 cm) slabs. With a small paring knife or with a cookie cutter, cut jack-o-lantern shapes into the sweet potatoes.

Do the same for the white potatoes, cutting them into ghost shapes. Cut beets them into ½ inch thick slabs, then cut out witch's hat shapes. We'll call the carrots witch's fingers and just leave them.

Preheat oven to 400 degrees F (204 C).

Set veggies on a parchment-lined baking sheet. Drizzle with oil, sprinkle with salt and pepper, and toss to evenly coat. Crush garlic cloves with the flat part of your knife and scatter around the pan. Bake for 1 hour, flipping the vegetables halfway through. When you have 10 minutes left, drizzle balsamic over the beets and honey over the carrots, then return to the oven until done.

Learn from Body Language

What can people's movements and physical behaviors tell you about what they're thinking? The Cracked website offers these insights into seeing into other people's minds:

- **Mirroring.** If someone is genuinely paying attention to you, they'll start to mirror your movements and gestures.
- **Head tilt.** This can signify interest in what you're saying—the other person tilts his or her head and leans an ear toward you.
- **Hands.** People who feel strong and confident spread their fingers wide. People who are insecure will tighten their fingers or hide their hands altogether.
- **Baby cradling.** Holding a baby with the left arm, regardless of left- or right-handedness, is a natural human instinct. If someone is holding a baby with their right, the person may be depressed or stressed.
- **Doodles.** People who doodle predominantly with straight lines tend to be more fact oriented. Curving strokes signify that the person is more creative and flexible.

Three Principles for Financial Security

Whatever happens to the economy as a result of the coronavirus, chances are it's going to stay pretty dire in the short term. Your financial future will depend on basic principles, laid out by the Waco Herald-Tribune:

- **Don't panic.** Resist making any drastic decisions about your money. Selling off assets or dipping into your retirement savings now can cause big problems later. Don't try to predict the stock market or obsess about your 401(k). Remember, you're in this for the long haul.
- **Stay diversified.** Don't put all your money into a single stock. Mutual funds and index funds can spread your risk by investing in bundles of stocks, so you'll never take too big a hit no matter what happens. The returns may not be as large, but neither will your risk.
- **Live within your means.** This is always sound advice, but even more so these days. Take a good hard look at your income and expenses and figure out how best to make sure the latter doesn't exceed the former. Look for items you can cut, such as subscriptions to services you no longer use.

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