

# Freedom Wealth Newsletter: JAN 2021

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## BE PERPARED TO SACRIFICE FOR SUCCESS

Success requires sacrifice—long hours, hard work, limited sleep, and more.

The Ladders website reminds you of three more items you should be prepared to give up:

- **Security and certainty.** Any venture is always a gamble. You have got to be prepared to take some risks—financial, social, psychological.  
You may have to give up a comfortable nine-to-five schedule or guarantees of future stability. Be ready for this so the odds do not overwhelm you before you get started.
- **Fear of judgment.** You will have to get over the anxiety around other people judging you—telling you that your ideas will not work or that you're doomed to failure.  
Work to build and reinforce your confidence in the face of naysayers. Give up the need for approval from everyone. Ignore the criticism and focus on your goals.

- **Other definitions of success.** Only you can truly define what success means for you. Other people may try to steer you in alternate directions. Success isn't necessarily about money, or power, or status. It's what fulfills you.

Don't be led astray. Know what you want to achieve, and just as importantly, why you want to achieve it, and you'll have a good guide to where you want to go.



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## DON'T OVERDO IT WHEN WORKING FROM HOME

Working at home can be a blessing and a curse.

The temptation to put in longer hours can lead to exhaustion and burnout. TheStylist website shares these tips:

- **Take regular breaks.** Every hour or so, get away from your computer. Stretch, talk to your spouse or a friend, walk the dog—anything to refresh your mind and keep your body active.
- **Keep a simple routine.** Have a schedule for your day—when you'll start, what major tasks have to be completed by a specific time, and most importantly, when you'll quit.
- **Exercise.** Carve some time out of your day for some simple exercise. Yoga, a walk around the block, or even simple meditation can keep your body and mind fresh throughout the day.

## HEALTH IN THE NEWS *Ward off Alzheimer's with these tips*

Alzheimer's disease afflicts millions of people around the world. If you want to reduce your chances of falling prey to this devastating illness, follow these guidelines from the National Institutes of Health website, which can lower your risk of Alzheimer's by 60%:

- **Exercise.** Engage in some moderate to vigorous physical activity at least 150 minutes a week to support healthy aging.
- **Don't smoke.** It's good health advice at any age, but studies show that people over 60 who have been smoking for decades can improve their health by kicking the habit.
- **Less alcohol.** Keeping your consumption of alcohol moderate to light can sustain your cognitive health.
- **Healthy diet.** The DASH diet (Dietary Approaches to Stop Hypertension) and the MIND diet (Mediterranean Intervention for Neurodegenerative Delay) are recommended.
- **Cognitive exercises.** Keep your brain sharp as you get older with crosswords, puzzles, sudoku, and the like.

## Did You Know?

- Australia has the largest sheep population
- Greyhounds can reach speeds of up to 67kph (42mph)
- You can tell the sex of a horse by its teeth (most males have 40, females 36)
- Sharks never stop moving even when they sleep or rest
- Greyhounds can see better than any other dog breed
- When 2 zebras stand side by side, they usually face each other in opposite directions to keep an eye out for predators
- Most cows produce more milk when they listen to music
- Elephants communicate in sound waves below the frequency that humans can hear
- Giant tortoises can live in captivity longer than any other animal

\*Thanks [www.didyouknows.com](http://www.didyouknows.com) p26-27

## MONTHLY QUIZ

1. What ingredient in bread causes it to rise?
2. What was the first planet to be discovered using the telescope?
3. Who is remembered for his large and stylish signature on the Declaration of Independence?



## SUPPORT HEALTHCARE WORKERS

Health care workers are on the front lines. You can support their brave efforts with these suggestions from the Today website:

- **Send them food.** Some companies like Uber and Sweetgreen are delivering free food to health care workers and first responders. You can do the same on an individual basis by sending your favorite doctor and staff a meal using Uber Eats or some other delivery service.
- **Donate blood.** The American Red Cross reports that hospitals are facing a severe shortage of blood. You can still give blood safely, and it will help health care workers care for the people they're responsible for.
- **Donate to charities.** Give some money to charities that support hospitals and health care efforts.
- **Don't hoard supplies.** Hospitals and their staffs need all the personal protective equipment they can get. Protect yourself, but not by buying up more masks and other supplies than you really need.
- **Say thank you.** Be sure to thank doctors and nurses for their work when you see them. A kind word can go a long way.

## THOUGHTS OF THE MONTH...

*"It is not how much we do, but how much love we put in the doing.  
It is not how much we give, but how much love we put in the giving."*

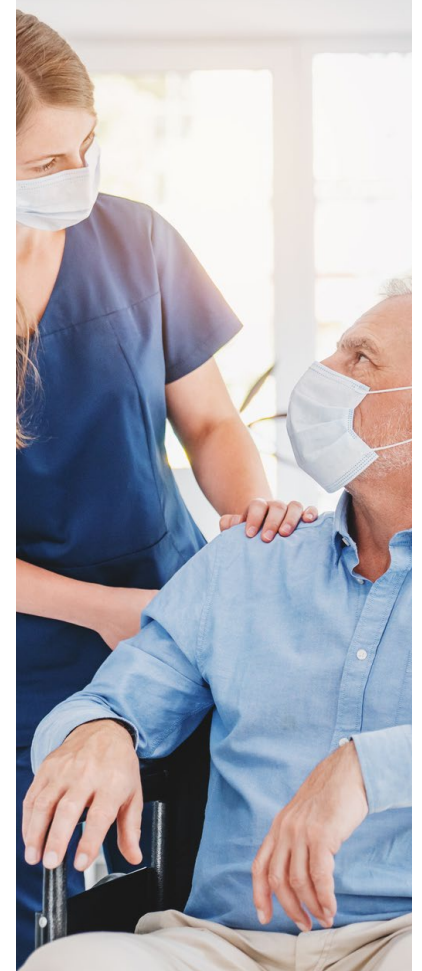
*-Mother Teresa*

*"A good criterion for measuring success in life is  
the number of people you have made happy."*

*-Robert J Lumsden*

### ANSWERS TO QUIZ

1. **Yeast**
2. **Uranus**
3. **John Hancock**



**BREAKFAST SLIDERS** What a way to start the day!! These delicious ham, egg and cheese breakfast sliders served warm out of the oven are sure to brighten up any morning!

#### **WHAT YOU WILL NEED**

- 1 Sheet slider buns butter or potato style
- 6 Slices of ham
- 6 Slices of cheese
- 12 Eggs
- ½ - 1 Cup melted butter plus 1 tablespoon for cooking eggs

*Continued on the Next Page*

## WHY THE YEAR BEGINS ON JANUARY 1

Can you blame Julius Caesar for your New Year's Day hangover? Probably not, but the idea of beginning the New Year on Jan. 1 did originate with the first Roman emperor. Caesar designated that day as the new year in 153 B.C. because that's when Rome's two ruling consuls were chosen.

The so-called Julian calendar remained in standard use throughout the Middle Ages, although many European countries chose to start their calendar year on different days to commemorate various Christian holidays, such as Christmas or Easter.

By the 16th century it was clear that the Julian calendar needed to be reformed. Pope Gregory XIII chose a calendar devised by Italian astronomer and philosopher Aloysius Lilius in 1582.

By that time most western European countries had already adopted Jan. 1 as the start of the New Year, but the Gregorian calendar itself was accepted at different times by different nations.

Russia didn't abandon the Julian calendar for the Gregorian until after the October Revolution in 1917.

## HOME REPAIRS: DON'T PROCRASTINATE ON THESE

Maintaining your abode can be costly but putting off a needed repair can be even more expensive in the long run. Here are a few problems that should be nipped in the bud:

- **Water leaks.** Any water leak can cause severe damage over time: dry rot, mold, termite infestation, etc.
- **Dim lights.** If your lights flicker or dim when you open the fridge or use the microwave, it could be due to bad wiring or an overload of appliances on one circuit. Your best bet is to have an electrician update your wiring.
- **Air conditioning.** Make sure your filters are clean and in good repair. Dirty or missing filters can lead to fire or an air conditioner breakdown. An inexpensive filter can preserve a costly AC system.

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**BREAKFAST SLIDERS** Preheat oven to 350°F. Cut the sandwich sheet in half through the middle to create two "slices" of sandwich sheet. (You want the individual buns to stay together). Place the bottom half of the sandwich sheet in the casserole dish. Set aside.

Prepare a frying pan over medium heat with a teaspoon of your choice butter or cooking oil.

While pan heats, crack eggs into a medium size bowl and whisk until fully blended. Pour into the preheated frying pan and stir constantly, until eggs are thoroughly cooked. Remove frying pan from heat and set aside.