

Freedom Wealth Newsletter: MAY 2021

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DON'T TRIP YOURSELF UP WITH THESE MISTAKES



Are you sabotaging your own chances for success? Stop doing it by recognizing these all-too-common mistakes, as spelled out on the Kiplinger website:

- **Saying yes to everything.** You want to be helpful to everyone but taking on more projects than you can realistically handle is a recipe for disaster. Worse, it'll earn you a reputation for unreliability. Learn to draw boundaries and say no when your plate's already full so you don't disappoint people later.
- **Manipulating people.** You may not be aware you're doing it, but you can pressure people without meaning to, especially when you don't have formal authority to get what you want. One trap is telling people, "If you don't help me with this, I won't help you with that." Co-workers won't trust you, and whatever real influence you have will grow weaker.
- **Juggling too many tasks.** You bounce from one activity to another, frantically trying to keep all the balls in the air. Inevitably, some will come crashing down. Focus on one thing at a time, then move on to the next. If you switch from one to another, you'll lose concentration and scatter your attention until you can't do any task effectively.
- **Faking it.** Pretending to know a skill you really don't possess will almost always lead to a bad outcome. Be honest about your capabilities and weaknesses. You may be able to learn what you have to know, but that will take time. Let the other person know so he or she can make the right decision about what to trust you with. This will work out better for both of you.

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THOUGHTS OF THE MONTH

“When we do the best we can, we never know what miracle is wrought in our life or the life another .” - Helen Keller

“Life is like a coin. You can spend it any way you wish, but you only spend it once.” - Lillian Dickson

PLAY ON THE TRAMPOLINE SAFELY

Trampolines can be a great source of outdoor fun and exercise, as long as you and your kids use them safely. The Healthline website shares some precautions:

- Check with your pediatrician. Ask if it’s safe for your children to use a trampoline. Consider any medical conditions they may have.
- Make sure the ground around and under the trampoline is even.
- Place the trampoline on a soft surface, like grass. Never put it on concrete without placing a layer of safety mats around it.
- Set up the trampoline a safe distance from trees, fences, or other structures.
- Cover the frame, spring, and hooks with protective safety pads.
- Install a safety net around the trampoline.



MONTHLY QUIZ

Foxes, wolves, and jackals all belong to what family of mammals?

Canines

According to many Super Bowl MVPs, what is their preferred destination after winning the big game?

Disneyland

Which horror movie character is a killer possessing a doll?

Chucky

MEMORIAL DAY: A SOLEMN OCCASION

Memorial Day began in the 19th century as “Decoration Day.” Citizens were urged to decorate the graves of soldiers who’d died in the Civil War. After World War I, Decoration Day expanded to include ceremonies honoring the dead in all of America’s wars.

Decoration Day became Memorial Day officially in 1967. In 1968 the Uniform Holidays Act established it as one of three holidays (including Veteran’s Day and George Washington’s birthday, now called President’s Day) celebrated on a Monday to create a convenient three-day weekend. Memorial Day is now observed on the last Monday in May.



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HEALTH IN THE NEWS: BOOST YOUR IMMUNE SYSTEM WITH THESE INGREDIENTS

Having a healthy immune system is very important. The Times Now News website reminds us that these foods can help everyone fight off infections more easily:

- **Vitamin A.** Known as beta carotene, this boosts the health of the intestines and respiratory system, protects eyes from night blindness and age-related decline, lowers the risk of certain types of cancer, and improves bone health. It's found in carrots, sweet potatoes, spinach, broccoli, and red bell peppers.
- **Vitamin C.** This helps stimulate the formation of antibodies. The body doesn't produce or store it, making daily consumption essential to health. Fortunately, vitamin C is found in many foods, like fruits including lemons, oranges, grapefruits, tangerines, and strawberries, as well as vegetables like bell peppers, spinach, kale, and broccoli.
- **Vitamin E.** An antioxidant, this nutrient helps the body fight off infection by neutralizing free radicals. It also helps your body's cells regenerate. It's found in vegetable oils, nuts, seeds, and avocados.
- **Protein.** Protein contains amino acids essential for the function of T-cells, which protect the body against pathogens. A diet with lots of protein can boost your metabolism and also reduce your appetite. Look for meats, poultry, seafood, eggs, beans, nuts, and seeds.
- **Zinc.** Zinc deficiency has been linked to immune dysfunction. Zinc assists the body in making proteins and DNA, and also contributes to wound healing. Foods rich in zinc include beans, seeds, nuts, meat, poultry, and seafood.

Don't follow this common health advice: Not all traditional health-related advice is entirely accurate. The Eat This website advises being a little skeptical of these common health tips:

- **Feed a cold, starve a fever.** Cutting down on food when you're running a fever isn't a good idea. Your body needs plenty of nutrients, fluids, and rest to fight off any infection.
- **Eat a low-fat diet to lose weight.** Your body needs a certain amount of fat to feel satisfied, and your brain and other parts of your body that are mostly composed of fat need it to function. Focus on lean protein and healthy, unsaturated fats found in nuts, avocados, and olive oil.
- **You don't need a colonoscopy before you're 50.** Waiting until you're 50 for a colonoscopy to check for colon cancer used to be common guidance, but rates appear to be rising in younger people. The American Cancer Society now suggests a first screening at 45.
- **Drink eight glasses of water a day.** Staying hydrated is important, but there's no magic number for everyone. Drink when you feel thirsty, especially when you're physically active. The right amount will keep your urine looking colorless or light yellow.
- **Don't eat after 8 p.m.** Overeating right before bed can cause acid reflux and difficulty sleeping, but your body doesn't automatically start transforming food into fat after a certain point in the evening. A small snack that's high in protein can actually help you sleep better.

SCHEDULE QUALITY TIME WITH KIDS EVERY DAY

Children need quality time with their parents for their growth and development. The National Association for the Education of Young Children shares this guidance for connecting with your kids at an early age:

- Do it daily. Set aside some regular time every day for some face-to-face interaction with your child. Creating a routine will help them respond positively.
- Leave notes. Put a short note in your child's lunchbox, to show you're thinking of him or her.
- Create rituals. Let your child choose a story for bedtime every day, for example.
- Express love. Tell your children you love them every day. Share how important they are.
- Eat meals together. Especially as kids grow older and busier, mealtime is a good time to connect. If you're short on time, choose meals you can prepare and eat quickly, but without rushing.
- Let your child choose an activity. During your special time, let your children decide what they want to play—a board game, hide and seek, a trip to the playground, or whatever he or she likes.
- Look for opportunities. Bath time, or driving to and from school, are good times to talk and laugh together.
- Focus on the child. Don't check your phone, text, watch TV, or look at your email while you're playing.

DID YOU KNOW? Thanks www.did-you-knows.com p28

- Orange Fanta is the 3rd largest selling soft drink in the world
- Italy and France produce over 40% of all wine
- There are over 15,000 different kinds of rice
- Dairy products account for 29% of all food consumed in the U.S.
- The ideal temperature to fall asleep is between 18-30c (64- 86f)
- Canada has more lakes than any other country
- The largest island in the Mediterranean sea is Sicily
- 90% of all volcanic activity occurs in the ocean
- The Nile river flows North
- Spain's largest source of income is from tourism
- Coca Cola was founded by Joseph A Biedenharn

SLOW-COOKER BLACKBERRY AND JALAPENO CHICKEN SANDWICHES

Boneless, skinless chicken breast are slow cooked in a bath of blackberry preserves, jalapeno, and molasses until fork tender. They're piled high onto pretzel buns, covered with melty cheese and ready to be devoured!

INGREDIENTS

3 1/2 pounds skinless chicken thighs
 10 ounces seedless blackberry preserves
 3 tablespoons ketchup
 4 tablespoons balsamic vinegar
 2 tablespoon molasses
 3/4 teaspoon salt
 1 tablespoon Dijon mustard
 3 jalapeños, sliced thin
 1 1/2 medium onions, sliced thin
 4 garlic cloves, minced
 6 slices pepper jack
 12 slices bacon, cooked
 6 pretzel buns

Season chicken with salt and pepper.

In a bowl, whisk together preserves, ketchup, vinegar, molasses and salt and mustard. Pour over chicken. Sprinkle with sliced, onion, garlic, and jalapeño. Toss to combine everything.

Turn the slow-cooker on low and cook for 5-6 hours until the chicken is fork-tender.

Pile hot chicken on pretzel buns and top with sliced jalapeños, cheese, and bacon.



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 and we always love to have new people become part of our inner circle of friends and family.