



The Latest News from Freedom Wealth Services

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Change Your Career by Rethinking Your Attitude

Many people are questioning their career. Some will make the jump to a new opportunity; others won't. The Kiplinger website discusses the beliefs that make some people hesitate—and why you don't have to:

- Waiting until you're ready. Face it—you'll never be completely ready for a major change in your life. Examine your skills. If you have 70-80% of the skills or experience you need for the position you're interested in, make the leap. You can learn the rest as you go along.
- Waiting for the perfect opportunity. You can wait forever for just the right moment. Convince yourself that the time is now and force yourself to move forward.
- You don't have the time. Even if you work full-time, you probably still have a few hours in the day to explore opportunities. Don't make excuses.
- You're paralyzed by fear. Yes, it's comfortable to stay in the same space. But if you're really aching for a change, you have to learn to face your fear. Start with small steps, and gradually work your way up to the big challenges.
- You don't ask, "What's the worst that could happen?" Examine your fears. You'll probably find that failure won't be as catastrophic as you think. If you plan for multiple contingencies, you'll be in a better position to adjust your strategy and avoid the worst-case scenario.
- You think you're too old. It's never too late to make a change. You've got the basic skills you've learned over your lifetime. Be willing to learn new ones and accept the changing world on its own terms. You don't have to get left behind at any age.

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Health in the News

Don't let arthritis spoil your winter

The winter months can be hard on people with arthritis. Cold weather can exacerbate joint pain, making life uncomfortable when temperatures are low. The Integrus Health website offers this advice for enduring winter with arthritis:

- **Dress in layers.** Stay warm inside and outdoors. Wear gloves, and add layers to your knees, elbows, and other places where your body aches. Take layers off if you get too warm. Also, heated pools and hot tubs can provide pain relief.
- **Eat healthy.** Rich foods and sweets can cause a flare-up of rheumatoid arthritis. Limit your consumption of gravy, processed meat, desserts, and unhealthy snacks.
- **Minimize stress.** Stress can make you work (or play) harder than you should, overtaxing your muscles and leading to more pain. Try meditation, deep breathing, and yoga to stay in a calm frame of mind.
- **Exercise.** Physical activity helps with flexibility, strength, and energy, and helps ease arthritis pain. Aim for 150 minutes of moderate aerobic exercise a week, along with two strength training sessions.
- **Take vitamin D.** We naturally absorb vitamin D from the sun, but during winter months sunlight can be scarce. A drop in vitamin D can cause more pain in people with rheumatoid arthritis or other inflammatory kinds of arthritis and can also increase sensitivity to pain.
- **Get plenty of sleep.** Lack of sufficient sleep has been linked to depression, fatigue, and additional pain in people suffering from rheumatoid arthritis. Adequate rest can help you deal with the pain.

Don't panic when someone has a seizure

A seizure can be frightening to experience—and to witness. You may feel helpless, but don't panic. Follow this advice from the Kettering Health website:

- **Don't automatically call 911.** Most seizures don't last long and don't require emergency assistance. Instead

of taking out your phone to call paramedics, use it to time the seizure. Chances are the seizure will stop in a minute or two. Only call 911 if it lasts for five minutes or longer, or if the person comes out of the seizure and then immediately goes into another one.

- **Don't fight it.** You can't stop a seizure. Instead, ease them onto the ground so they don't fall and injure themselves, and roll them onto their side in case they vomit. Place a pillow or rolled-up jacket under their head. Clear the area around them of anything that might hurt them. Loosen any restrictive clothing, like a scarf, belt, or necktie. Then just stay with them until the seizure is over.
- **Offer support.** Often a person comes out of a seizure with no memory of what happened. They may feel tired and disoriented and may have temporary difficulty speaking clearly. Speak to them calmly, explain what happened, and wait until they feel alert and ready to get up again. If the person has never had a seizure before, they should probably see their doctor.



Referral Corner

I want to thank you for your referrals over the years. We always tell 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.



More Sought Mental Health Care During the Pandemic

The COVID-19 pandemic took a toll on people's mental health. That's no surprise, but the good news is it suggests that more Americans may be open to seeking mental health care.

The National Health Interview Survey (NHIS) found that the percentage of adults who had received mental health treatment in the past 12 months rose from 19.2% in 2019 to 20.3% in 2020—almost one in five people. Of those seeking mental health assistance, 16.5% received prescriptions for medication, and 10.1% got counseling or therapy.

The survey found that older people tended to get medications, while younger were more likely to seek counseling. Women were more likely than men to seek out mental health care.

Monthly Quiz

1. What is the only state that can be typed on one row of keys on a QWERTY keyboard?
2. When used in the kitchen, sodium bicarbonate is more commonly known as what?
3. Whistler Blackcomb is a popular ski resort located in which country?

Did You Know?

Jellyfish don't have a brain

45% of Americans don't know that the sun is a star

The Greek national anthem has 158 verses

It takes 1 week to make a jellybean

You can't tickle yourself

You can't trademark surnames

Ferrets sleep between 18 - 20 hours a day

The 'you are here' arrow on maps is called an ideo locator

A Boeing 747 airliner holds 216,847 liters (57,285 gallons) of fuel

A violin contains over 70 separate pieces of wood

There are over 10 million bricks in the Empire State Building

**Thanks www.did-you-knows.com p32 - 33*

Recipe of the Month

Blackened Skillet Salmon

This 12-minute start to finish blackened salmon is fast and delicious. The seasoning mix listed in the recipe is more than you will need. Store it to use when making any kind of seafood.

Ingredients

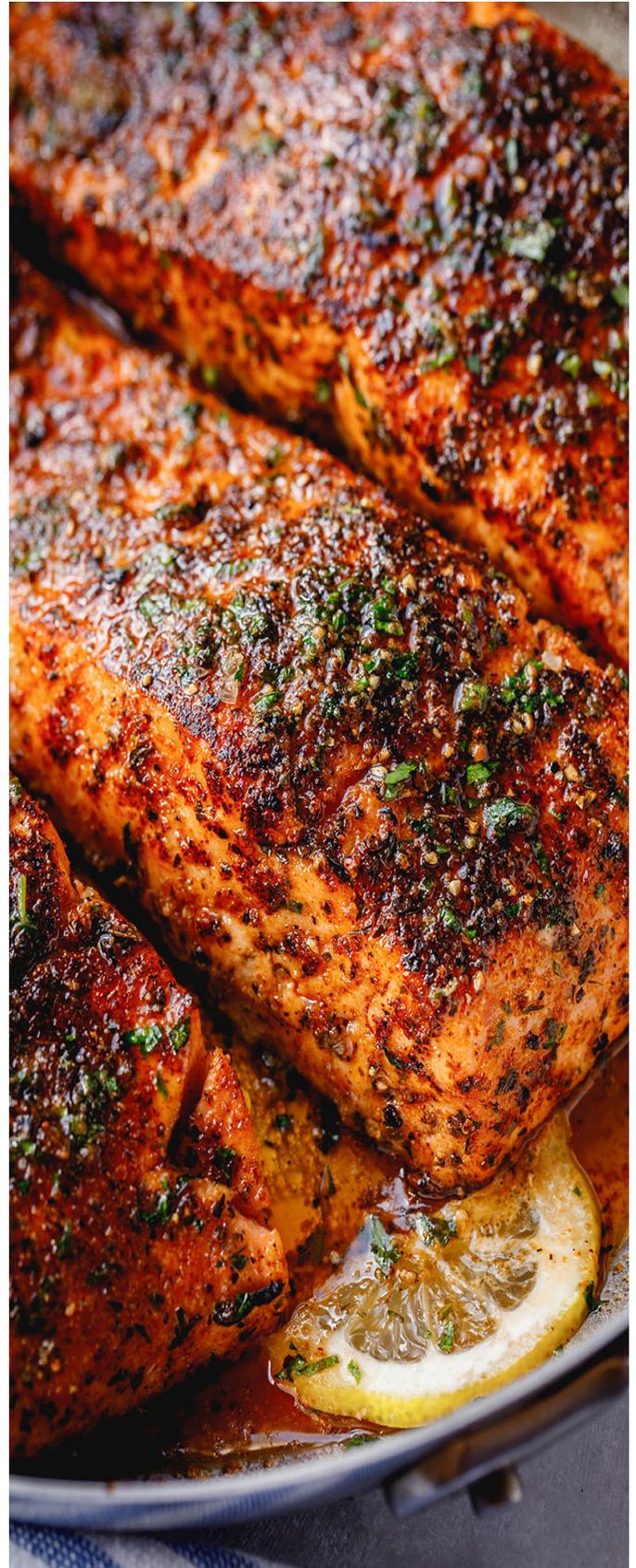
PERFECT SEAFOOD SEASONING: This makes much more than you need for 4 servings.

- 2 Tablespoons garlic salt
- 2 Tablespoons lemon pepper
- 2 Tablespoons dill
- 2 Tablespoons smoked paprika
- 4 Salmon fillets
- Cooking spray or olive oil

Mix all seasonings in a small glass jar with a lid, for easy storage. Grab your salmon fillets and generously sprinkle them on both sides with the seasoning. Make sure not to leave out the smoked paprika. It's essential to making the fish take on that "blackening" feature that is so delicious.

Heat a skillet up over medium high heat. Spray generously with cooking spray. Add your salmon and allow it to cook for about 2 minutes, or until it takes on a nice darkening. Make sure not to let it burn. Turn the salmon over and add just a bit of water (about 1-2 Tb) to the pan. Cover and allow the fish to cook through. Should only take about 4-5 minutes. Remove the lid and allow the salmon to darken.

When the salmon flakes easily with a fork it's done. Serve and enjoy!





Make New Year's Resolutions You'll Actually Keep

Making a New Year's resolution is like setting any other type of goal. You have to choose wisely if you want to achieve something significant. Remember that a good resolution, like a solid goal, usually has a few definable characteristics:

- **Focus.** Set a definite target: "Lose 10 pounds by June 1" is better than "Lose some weight."
- **Challenge.** Your resolution should be neither too hard nor too easy.
- **Support.** Share your resolutions with others who will help you work on them.
- **Presence.** Write down your resolutions in detail and post your list where you'll see it often.
- **Vision.** Visualize the results you want to achieve every day.

Making Friends Isn't Easy at Our Age

Making friends is easy when you're young, but it gets more difficult once you're past the age of playing at recess, or asking, "What's your major?" in college. Here are some tips from the Healthline website for making new friends at any age:

- **Find or rediscover your hobbies.** Pursuing enjoyable activities can help you relax and build new relationships more easily. Exercise classes, social media groups, book groups, and more can bring you into contact with like-minded people also looking for companionship.
- **Make the first move.** Don't be afraid to ask an acquaintance out for coffee or lunch. You may get rejected—just like dating—but if you keep it casual and relaxed, the other person will often accept, forging the pathway to a new friendship.
- **Volunteer.** Find a cause that you believe in and join a group that supports it. You'll meet people with the same values while working on projects that do some good. Common interests can help you connect and form strong bonds.

Thoughts of the Month

"People who say it cannot be done should not interrupt those who are doing it." - George Bernard Shaw

"People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost." - Dalai Lama

Quiz Answers

Alaska, Baking soda, Canada