

# Life Planning Retirement Group Bulletin

December/January

2023/2024

## IMPORTANT DATES AND NEWS:

Medicare  
Enrollment  
Ends  
December 7

Hanukkah  
December 7 –  
December 15

Christmas Eve  
December 24

Christmas Day  
December 25

Kwanzaa  
December 26

**HAPPY  
HANUKKAH!**

**MERRY  
CHRISTMAS!**

**HAPPY  
KWANZAA!**

**HAPPY NEW YEAR  
TO ALL!**



## I'M GRATEFUL FOR WHAT WE DO HAVE



With the holidays quickly approaching, numerous factors can provoke a high level of stress in addition to the current economic climate of sky-high inflation, market fluctuations, and the wars in Israel and Ukraine. It is understandable that many of us are feeling overwhelmed as to how to find the enthusiasm to celebrate the holidays when so many people are enduring hardship. Therefore, it is important to take a moment to pause for a second to remember the abundance in our lives. I'd like to count my blessings and share them with you.

***I'm thankful for my faith.***

*It has gotten me through some very tough times.*

***I'm thankful for safety, a roof over my head, and enough food to eat.***

*Millions of people aren't able to enjoy that blessing right now.*

***I'm thankful for my family.***

*They are my strength and my joy and the reason why I get up in the morning  
(sometimes earlier than I'd like).*

***I'm thankful for our community of resilient and supportive people.***

*We don't always agree on everything, but we're here to lift each other up.*

***I'm thankful for work that gives me purpose.***

*It allows me to help people meet life with confidence and pursue what matters most.*

***I'm thankful for you.***

*I'm grateful that you're on this journey with me.*

***May you and your loved ones enjoy a warm, happy, and healthy holiday season!***

**YOURS IN HEARTFELT GRATITUDE,**

**Gary Szewczyk**



## RECIPE OF THE MONTH

### Candy Cane Crescent Roll Breakfast Pastry



Crescent rolls are shaped like a candy cane and get stuffed with a cherry and cream cheese filling for an easy Christmas brunch treat.

#### Ingredients

2 packages of Refrigerated Crescent Rolls  
1 8 oz. Cream Cheese; softened  
1 egg  
1/3 C. Sugar  
1 can Cherry Pie Filling

#### Glaze:

1/2 C. Powdered Sugar  
1 1/2 Tbsp. Milk

#### Instructions

Preheat oven to 350 degrees.

On a cookie sheet, arrange crescent roll triangles pointing inward into the shape of a candy cane with edges overlapping. In a mixing bowl, beat together cream cheese and sugar, add egg; beat until smooth.

Spoon cream cheese filling onto the larger part of each triangle; leaving around 1/2 an inch from the edges. Add teaspoons of cherry filling over the top of the cream cheese.

Fold tops of triangles towards the base end of each triangle and press lightly to seal.

Bake for around 15 minutes. Allow to cool slightly before adding glaze.

#### Prepare Glaze:

Beat together powdered sugar and milk until smooth. May add an additional 1/2 Tbsp. of milk if too thick. Using a teaspoon, drizzle glaze over crescent tops of candy cane.

**THE LIFE PLANNING RETIREMENT GROUP WISHES  
YOU AND YOUR FAMILIES HOLIDAY BLESSINGS AND  
A HAPPY & HEALTHY NEW YEAR!**



## HEALTH IN THE NEWS

### ***Cranberries could be powerful antibacterials***

Researchers are finally starting to understand how cranberry juice can fight a host of human illnesses, many which are caused by E. coli bacteria, including urinary tract infections. Scientists have found that compounds (tannins) found in cranberry juice can render E. coli bacteria incapable of initiating an infection.

Researchers at Worcester Polytechnic Institute say that the cranberry may offer an alternative to antibiotic treatment to combat E. coli in the future. Annually, about 8 million people are affected by urinary tract infections. Researchers have suspected that something in cranberry juice stopped bacteria from adhering to the lining of the urinary tract, and now they are able to see how this interference to adhesion takes place.

On the molecular level the tannins in cranberry juice cause the shape of the bacteria to change from rods to spheres. The tannins also alter the bacterial cell membranes, and they make it difficult for the bacteria to make contact with the cells, or from latching on if they do make contact. The higher the concentration of cranberry juice, the stronger the effects were on the bacteria, indicating that whole cranberry products would have better results than diluted products.



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