

Life Planning Retirement Group Bulletin

October 2022



LIFE PLANNING RETIREMENT GROUP IS PROUD TO SUPPORT BREAST CANCER AWARENESS MONTH.

This Month's Bulletin is dedicated TO ALL FIGHTING CANCER, SURVIVORS and IN REMEMBRANCE TO THOSE WHO WE LOST!

What Cancer Cannot

Do

Cancer is so limited...

It cannot cripple love.

It cannot shatter hope.

It cannot corrode faith.

It cannot eat away peace.

It cannot destroy confidence.

It cannot kill friendship.

It cannot shut out memories.

It cannot silence courage.

It cannot reduce eternal life.

It cannot quench the Spirit.

WOMENS FEELINGS ABOUT MANAGING THEIR FINANCES

You're good at what you do (hobbies, career, and running your busy life), but feeling in control of your financial life feels so out of reach and overwhelming. Many women often feel intimidated, overwhelmed, and anxious when they think about money.

You need to know how to manage your finances yourself. No matter whether you're currently single, married, divorced, or widowed. It's a critical part of modern life.

Maybe you've recently come into money, through an inheritance or divorce proceedings, and you want to make sure it lasts. You might be wondering how you can create a savings plan, so you have a solid nest egg when it's time to retire.

Money management doesn't actually have to be all that complicated, though having a little help can shorten the learning curve even more. There are plenty of lower-effort, yet tried-and-true, techniques that will help you create a solid financial footing for yourself and your family without feeling stressed.

VITAL QUESTIONS TO ASK YOURSELF

- Whose finances am I currently putting before mine, if any?
- What happens if I run out of money because other people come first?
- Do I have a way to save money for my financial future?
- What is my plan for my senior years?
- Have I run this plan by a trustworthy financial professional?

The good news is it's not nearly as complicated as it may seem. You CAN take control of your money without feeling frustrated and out of reach.

At The Life Planning Retirement Group, we put your best interests first. Your roadmap to your financial future is tailored to your circumstances.

To learn more, contact us. We offer one-on-one educational zoom calls. Click on our logo below to schedule one today!

VISIT US AT

WWW.LIFEPLANNINGRETIREMENT.COM



HEALTH IN THE NEWS

• **Women: Protect yourself from stroke**

Stroke is a danger to everyone, but women can face their own risks of suffering it during their lifetime.

Tips for staying healthy:

- **Watch your blood pressure.** High blood pressure is the top preventable cause of stroke, so keeping blood pressure under control is vital. Have it checked at least twice a year by your doctor.
- **Plan your pregnancy.** High blood pressure, preeclampsia, gestational diabetes, and blood clots during pregnancy all increase stroke risk, both during pregnancy and immediately after.
- **Manage your mental health.** Chronic stress can contribute to high blood pressure and unhealthy decisions, like overeating or drinking too much. Carve out some time to relax every day. Exercise and meditations can help keep your stress levels low.
- **Recognize the warning signs.** Remember the word FAST to respond quickly to a stroke:
- **Face.** Is one side of your face drooping? Do you have difficulty smiling evenly?
- **Arms.** A suddenly weak or numb arm is a symptom of stroke, along with difficulty raising both arms above the head.
- **Speech.** Are you slurring your words? Having trouble speaking or understanding other people? Try to repeat a simple sentence, like "The sky is blue."
- **Time to call 911.** Any of these symptoms means you should get to a hospital immediately, even if they go away. Keep track of the time so you can tell doctors exactly when the symptoms first appeared.

BABY BOOMER DILEMMA MOVIE

Doug Orchard Productions

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RECIPE OF THE MONTH

Quinoa Stuffed Bell Peppers



Loaded with protein, veggies and healthy grains, these stuffed bell peppers will provide a balanced meal.

Ingredients

- 3 cups cooked quinoa
- 1 (4-ounce) can green chiles
- 1 cup corn kernels
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup petite diced tomatoes
- 1/2 cup shredded pepper jack cheese
- 1/4 cup crumbled feta cheese
- 3 tablespoons chopped fresh cilantro leaves
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon chili powder, or more to taste
- Kosher salt and freshly ground black pepper, to taste
- 6 bell peppers, tops cut, stemmed and seeded

Instructions

Preheat oven to 350 degrees F. Line a 9x13 baking dish with parchment paper.

In a large bowl, combine quinoa, green chiles, corn, beans, tomatoes, cheeses, cilantro, cumin, garlic, onion and chili powder, salt and pepper, to taste.

Spoon the filling into each bell pepper cavity. Place on prepared baking dish, cavity side up, and bake until the peppers are tender and the filling is heated through, about 25-30 minutes.

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