



The world may change.  
The way we care *never will.*

Are You Emotionally Ready to

## Retire?

It's one of the most important decisions many of us will ever make. Consider these 8 questions to ask yourself before taking the plunge:

1. Every Sunday night, as I anticipate returning to work, do I look forward to finishing tasks, seeing friends and colleagues, and perhaps learning something new? Or do I dread another week of tedious tasks and difficult people?
2. Have I thought carefully about my financial picture? What expenses am I prepared to cut if money becomes tight?
3. What do my already retired friends, relatives and colleagues think?
4. Would I like part-time work for a more gradual retirement, or is "cold turkey" better for me? Is part-time work even realistic in my field?
5. Do I have hobbies or interest that could fill my time? Is there volunteer work that I'd like to do?
6. What friends do I have now that involve neither my career nor my partner?
7. What role is my spouse/partner playing in my decision about retirement?
8. Do my spouse/partner and I have similar ideas about travel or where we want to live in retirement?

Consider these questions before taking the plunge and give us a call if you need help deciding.



Make sure you file your taxes  
before the extender deadline!

Priebe Investment  
Plans invites you to a



Live via  
ZOOM!!

On Tuesday,  
May 25<sup>th</sup>  
12 noon

We invite you to join us in our Fort Lauderdale office for an educational presentation.

Topic:

### Pre-Retirement Ideas

Join us for a friendly discussion. **Bring your spouse, neighbor or friend.** Walter Priebe will have a short presentation and will be available to take any questions. Seating is limited. Lunch will be served.

**Please call our office, 954.974.3266 to reserve your seat or to get a link to the LIVE zoom meeting.**

Office Address:  
2933 W. Cypress Creek Rd.  
Suite 102  
Fort Lauderdale, FL 33309



### Referrals! Referrals! Referrals!

We love referrals!! Please tell your family, friends, or neighbor that Walter Priebe will buy them lunch for an opportunity to introduce himself and offer his services and expertise. Two dates are being offered this month. We invite you and a friend or neighbor to come on by for a

quick introduction, order lunch to go and allow him the opportunity for a no-cost, no-obligation first appointment at a later date at your convenience. Please call to book your next lunch with Walt!

#### Thursday, May 13<sup>th</sup>

Rocco's Tacos  
5250 Town Center Circle  
Boca Raton, FL  
12pm-2pm **LUNCH**

#### Thursday, May 27<sup>th</sup>

ER Bradley's WPB  
104 Clematis Street  
West Palm Beach, FL  
12pm-2pm **LUNCH**

## What the Pandemic Taught Us About The High Cost of Isolation

If we didn't know it or believe it before the pandemic, the hard reality is now unavoidable: Social isolation cripples and it kills. A major report released in 2020 concluded that prior to the pandemic an estimated 25% of older adults were socially isolated and 43% were lonely. The result is not surprising but it is stunning in its effects, with social isolation possibly having a greater impact on mortality than smoking, obesity and physical inactivity, according to the report. Looking ahead, we need to address the high cost of isolation and loneliness in our post-pandemic world. These lessons are as profound as they are simple:

- Technology is not a replacement for human contact
- Loneliness must be taken seriously
- Technology can help, but it needs to be better designed for the elderly

### PUT EXERCISE IN YOUR DAILY ROUTINE

1. Brush your teeth
2. Read your email
3. WALK / EXERCISE / YOGA

**NO EXCUSES. JUST DO IT. YOU WON'T REGRET IT.**



Tune in to Walt of Priebe Investment Plans from 10am-10:30am every Wednesday on 1470AM, 95.3FM and 103.9FM dials and 8am-10am every Sunday on your 1230AM dial.

### TRIVIA QUESTION

In celebration of Mother's Day, who is the Oldest Mother on record?



# CLIENT CELEBRATIONS

## Client Birthdays

Larry Auerbach  
Jan Auerbach  
Salina Baker  
Clinton Burnett  
Colin Craig  
Carol Felner  
JoAnn Green  
Stephen Lichtman  
Robert Lake  
Brenda Mathews  
Christine Merchant  
Vincent Mottola  
Mary Nelder  
Allen Rosenfeld  
Roy Sitton  
Sandy Smith  
Patrice Sonnelitter  
Michael Tucker  
Gregory Williams  
Sindee Winkler  
Karen Waterhouse



## Wedding Anniversaries

Brian & Randi Battle  
Clinton & Reina Burnett  
Joseph & Lorraine Cisario  
David Gallaher & Karen Gauci  
Mike & Fran Tucker



## **TRIVIA ANSWER**

**The Oldest mother on record is Maria del Carmen Bousada de Lara. She gave birth to twins when she was 66 years old in Spain in 2006.**

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*Rosie's*

## RECIPE CORNER



### Creamy Shrimp Pasta

*Celebrating Shrimp Day on May 10<sup>th</sup>!*

#### **Ingredients:**

12 oz. linguine pasta  
½ c. reserved pasta water  
2 tbsp. olive oil, divided  
4 garlic cloves, minced, divided  
1 yellow onion, chopped  
8 oz. sliced brown mushrooms  
1 lb. fresh shrimp (prawns) without shells, washed and deveined  
½ tsp. crushed red pepper flakes  
1 tsp. mild paprika  
Salt to season  
8 oz. pack cream cheese, softened  
2 cups of milk  
½ cup Parmesan cheese, grated  
½ cup light Mozzarella cheese, shredded  
Salt to season  
2 tbsp. fresh chopped parsley

#### **Instructions:**

Cook pasta. Set aside for later.  
Heat a large skillet on medium-high. Add 1 tbsp. olive oil and fry half the garlic for 30 seconds; add onions, until soft. Add mushrooms until browned. Stir through 1-2 tbsp. of water and cook them for a further minute. Transfer mushrooms to a plate and set aside. Add the remaining oil. Saute remaining garlic. Add shrimp and cook until they just begin to change color. Add pepper flakes, paprika and salt. Cook while occasionally stirring for a further 1-2 minutes to combine all the flavors in the pan. Add the cooked mushrooms to the pan, stirring them through. Transfer shrimp/mushroom mixture to a plate, set aside. Add the cream cheese and milk to the same pan and bring to a gentle simmer while stirring, 5 minutes, then add cheeses. Stir until melted and season with salt. Add the shrimp/mushroom mix and pasta into the creamy sauce for 2 minutes. Add the reserved pasta water, ¼ cup at a time until reached desired consistency. Garnish with parsley and serve!