



Regent Financial Services

July 2017

The Health-Wealth Connection



It's a vicious cycle: Money is one of the greatest causes of stress, prolonged stress can lead to serious health issues, and health issues often result in yet more financial struggles.¹ The clear connection between health and wealth is why it's so important to develop and maintain lifelong plans to manage both.

The big picture

Consider the following statistics:

1. More than 20% of Americans say they have either considered skipping or skipped going to the doctor due to financial worries. (American Psychological Association, 2015)
2. More than half of retirees who retired earlier than planned did so because of their own health issues or to care for a family member. (Employee Benefit Research Institute, 2017)
3. Chronic diseases such as heart disease, type 2 diabetes, obesity, and arthritis are among the most common, costly, and *preventable* of all health problems. (Centers for Disease Control and Prevention, 2017)
4. Chronic conditions make you more likely to need long-term care, which can cost anywhere from \$21 per hour for a home health aide to more than \$6,000 a month for a nursing home. (Department of Health and Human Services, 2017)
5. A 65-year-old married couple on Medicare with median prescription drug costs would need about \$265,000 to have a 90% chance of covering their medical expenses in retirement. (Employee Benefit Research Institute, 2017)

Develop a plan for long-term health ...

The recommendations for living a healthy lifestyle are fairly straightforward: eat right, exercise regularly, don't smoke or engage in other risky behaviors, limit soda and alcohol consumption, get enough sleep (at least seven hours for most adults), and manage stress. And before embarking on any new health-related endeavor, talk to your doctor, especially if you haven't received a physical exam within the past year. Your doctor will benchmark important information such as your current weight and risk factors for developing chronic disease. Come to the appointment prepared to share your family's medical history, be honest about your daily habits, and set goals with your doctor.

Other specific tips from the Department of Health and Human Services include:

Exercise: Any physical activity is better than none. Inactive adults can achieve some health benefits from as little as 60 minutes of moderate-intensity aerobic activity per week. However, the ideal target is at least 150 minutes of moderate-intensity or 75 minutes of high-intensity workouts per week.

... and long-term wealth

The recommendations for living a financially healthy life aren't quite as straightforward because they depend so much on your individual circumstances. But there are a few basic principles to ponder:

Emergency savings: The amount you need can vary depending on whether you're single or married, self-employed or work for an organization (and if that organization is a risky startup or an established entity). Typical recommendations range from three months' to a year's worth of expenses.

Retirement savings: Personal finance commentator Jean Chatzky advocates striving to save 15% of your income toward retirement, including any employer contributions. If this seems like a lofty goal, bear in mind that as with exercise, any activity is better than none — setting aside even a few dollars per pay period can lead to good financial habits. Consider starting small and then increasing your contributions as your financial circumstances improve.

Insurance: Make sure you have adequate amounts of health and disability income insurance, and life insurance if others depend on your income. You might also consider long-term care coverage.²

Health savings accounts: These tax-advantaged accounts are designed to help those with high-deductible health plans set aside money specifically for medical expenses. If you have access to an HSA at work, consider the potential benefits of using it to help save for health expenses.

¹ American Psychological Association, February 4, 2015; *The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer*, by Blackburn and Epel; and *Ageproof: Living Longer Without Running Out of Money or Breaking a Hip*, by Chatzky and Roizen

² The cost and availability of life insurance depend on factors such as age, health, and the type and amount of insurance purchased. A complete statement of coverage, including exclusions, exceptions, and limitations, is found only in the policy. It should be noted that long-term care carriers have the discretion to raise their rates and remove their products from the marketplace.

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"Always keep two things in stock: crunchy vegetables and an emergency savings account."

*Michael F. Roizen, MD, and
Jean Chatzky, personal
finance commentator*

Authors of [Ageproof: Living Longer Without Running Out of Money or Breaking a Hip](#)

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CHECK IT OUT!
Regent Financial has a NEW website! (page 4)





By: Ellie Best
<http://www.ranker.com>

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15 Things You Didn't Know About the 4th of July

Do you think you know everything about the 4th of July? Millions are unaware of the truths behind how and why America really celebrates Independence Day.

What is the true story behind 4th of July? From the number of hot dogs consumed, to inside jokes with Nicolas Cage (he was kind of right, you guys), to historical untruths revealed for what they really are, you're about to learn the secrets behind one of the most popular national holidays in America.

1. The Song "God Bless America" Nearly Didn't Exist - The iconic song played at many a July 4th celebration very nearly didn't make it into American history. Composer Irving Berlin didn't think it was good enough for the public, so he kept it stored away for years. It was only pulled out of storage because the public needed a song to rally behind at the outbreak of WWII and the rise of Adolf Hitler

2. It Wasn't a National Holiday Until 1870
Americans began observing the date on July 4th, 1777. However, it wasn't an official U.S. holiday until it was passed as part of a bill in 1870 and became as nationally recognized along with other dates, such as Christmas and New Year's. It didn't become a paid legal holiday until 1938.

3. 155 Million Hot Dogs Are Eaten EVERY Year
Americans manage to consume 155 million hot dogs on July 4th alone! More hot dogs are eaten in the month of July than at any other time of the year. If you put all the hot dogs consumed on the 4th of July end to end, they would stretch from Los Angeles to Washington, D.C. more than five times!

4. The Philippines Shared 15 Independence Days with America - Although the Philippines still note July 4th on their calendars, it is not addressed as it is in America and is referred to instead as Filipino-American Friendship Day. The country celebrates its own July 12th Independence Day which marks the date when it achieved a brief period of independence from Spain.

5. It Marks the Anniversary of Three Presidential Deaths - Despite being election rivals, Thomas Jefferson and John Adams reconciled later in life and became friends, which makes their practically simultaneous death on July 4th, 1826 all the more heartbreaking. Jefferson passed hours before his friend. His last words were: "Is it the fourth yet?" Adams, unaware that Jefferson had died, uttered the phrase, "Thomas Jefferson survives" before slipping away.

6. King George Had No Recorded Opinion of the Holiday - The story goes that on the day that America was set to declare independence from his nation, the English King George III wrote in his diary that "nothing of importance happened today." However, it was discovered that George never even kept a diary and that the whole story is a myth perpetuated by writings found in the diary of French King Louis XVI.

7. It's More Dangerous for Drivers than New Year's Is - People drive long distances for the 4th of July, and drive without the same caution taken on New Year's, when it is widely acknowledged that there will be inebriated people on the roads. Around 51% of incidents were put down to alcohol on July 4th over the course of five years - which is nearly 10% higher than the alcohol related incidents on New Year's.

8. Sparklers Are the Top Cause of Firework Injury
That's right. Those innocent looking sparklers can actually reach temperatures of up to 1,800 degrees Fahrenheit, and are the top cause of injury in firework related incidents.

9. It's Celebrated in Rwanda
In Rwanda, July 4th is celebrated as Liberation Day. It marks the end of the Rwandan genocide of 1994, where it is estimated that approximately 500,000 to 1,000,000 Rwandans were killed. On July 4th, the Rwandan Patriotic Front won control of the capital city of Kigali, paving the way for peace.

10. Beer Is the #1 Best Seller On July 4th
With 24 million cases of beer sold over the holiday, beer sales generate \$190 million for the U.S. economy. The Nielsen Company says that these sales positively effect many other industries as well, such as agriculture, manufacturing, construction, and transportation. So drink up! (Responsibly.)

11. July 4th Is Not the True Date of Independence
The vote for the Declaration of Independence was actually taken on July 2nd, 1776. The only reason it is celebrated on the 4th is because it wasn't published in the newspapers until two days later. Furthermore, it could even be argued that even the 4th isn't the real date, as not all of the 56 signatures were acquired until nearly a month later

12. News of Independence Started a Riot in NY
The news of independence didn't reach New York City until the 9th of July - when there were hundreds of British ships occupying the city's harbor. The Declaration was read out loud in front of the City Hall despite the tensions... which later exploded in a frenzy of rioting. A statue of King George III was torn down, melted, and used to create over 42,000 cannon balls for the American army.

13. Nicolas Cage Was Right! There IS something written on the back of the Declaration of Independence. Cage was slightly off in that it doesn't reveal hidden treasure. It simply reads: 'Original Declaration of Independence dated 4th July 1776.' No one knows who wrote it, but it is thought to have been written as a label for when the document was in transportation.

14. It Used to Be Green - These days 4th of July is celebrated with an abundance of red, white, and blue. However, following the signing of the Declaration, there was a shortage of these colors because of the Revolutionary War. Instead, the day was marked with green.

15. The Liberty Bell Did Not Ring - The story goes that the Liberty Bell was rung to mark the date of independence and could be heard across the lands. However, this was not so. There was no immediate formal announcement of the signing of the Declaration, and so the bell could not have rung on that date (at least not for any reasons to do with the signing). Due to the deteriorating state of the bell, it isn't rung today either. Instead, it's tapped 13 times to signify the time for other bells to start ringing.

Have a Safe & Happy 4th of July!





Heather Matlock
Operations Specialist

This month we are featuring Heather and her favorite recipe, and vacation destination!

Favorite Recipe:

No-Bake Strawberry Blueberry Trifle

No-Bake Strawberry Blueberry Trifle

Prep time: 30 mins Total time: 30 mins Serving: 10-12 "slices"

This strawberry blueberry trifle recipe requires zero baking and it takes about 30 minutes to make! The sweet/tartness of the fruit, melt-in-your-mouth soft angel food cake and lightly sweetened cream come together so well.

What you will need: 4 or 5 qt trifle dish, or make it in a 9x13 casserole dish.

Ingredients

- 17 oz angel food cake, cut into 1" cubes (I used 1 1/2 blocks)
- 1 lb fresh strawberries, hulled and sliced
- 1 lb fresh blueberries

Frosting Ingredients:

- 2 packages (8 oz each) cream cheese, softened at room temp
- 3/4 cup granulated sugar
- 2 cups heavy whipping cream
- 1/2 tsp vanilla

Lemon Syrup Ingredients:

- 1/4 cup water
- 2 Tbsp sugar
- 2 Tbsp lemon juice (from 1/2 medium lemon)

How to Make Lemon Syrup:

In a measuring cup, combine 1/4 cup water, 2 Tbsp sugar and 2 Tbsp lemon juice and stir until sugar is dissolved. Set aside until needed.

How to Make the Trifle Cream:

Beat together 1 lb cream cheese and 3/4 cup sugar (with the whisk attachment) on medium speed until creamy and smooth, scraping the bowl a couple times. With mixer on, pour in 2 cups heavy cream then turn mixer to medium/high and continue beating until whipped and fluffy. Add 1/2 tsp vanilla and beat until incorporated.

Assembling the Berry Trifle:

Place 1/3 of your sliced angel food cake into the bottom of your trifle dish and brush with 1/3 of your syrup. Add 1/3 of your cream and loosely spread it over cake pieces. Add 1/2 of the sliced strawberries. Repeat with remaining ingredients (adding 1/2 of the blueberries for the second fruit layer). Frost the top with last 1/3 of cream and decorate with remaining fruit.

Important: This cake is best served the same day it's made. Refrigerate until ready to eat.



Favorite Vacation Destination:

Scotland, Isle of Mull



Scotland, The Isle of Mull

Tobermory, is the capital of the Isle of Mull. It is located in the northeastern part of the island. With a current population of approximately 1,000 the town was founded as a fishing port in 1788. 71% of Tobermory residents were born in Scotland, 23% in England and 6% elsewhere. The name Tobermory is derived from the Gaelic Tobar Mhoire meaning "Mary's well." The name refers to a well located nearby which

was dedicated in ancient times to the Virgin Mary. Legend has it that the wreck of a Spanish galleon, laden with gold, lies somewhere in the mud at the bottom of Tobermory Bay —although the ship's true identity, and cargo, are in dispute. By some accounts, the Florencia (or Florida, or San Francisco), a member of the defeated Spanish Armada fleeing the English fleet in 1588, anchored in Tobermory to take on provisions. Following a dispute over payment (or possibly, according to local folklore, a spell cast by the witch Dòideag), the ship caught fire and the gunpowder magazine exploded, sinking the vessel.

If you visited there today, many of the buildings on Main Street, predominantly shops and restaurants, are painted in various bright colors, making it a popular location for television programs.

This town is known for several of their annual events, including the traditional "Mull Highland Games" held every summer. These games are a way of celebrating Scottish culture. Aspects of the games are so well known as to have become emblematic of Scotland, such as the bagpipes, the kilt, and the caber toss.

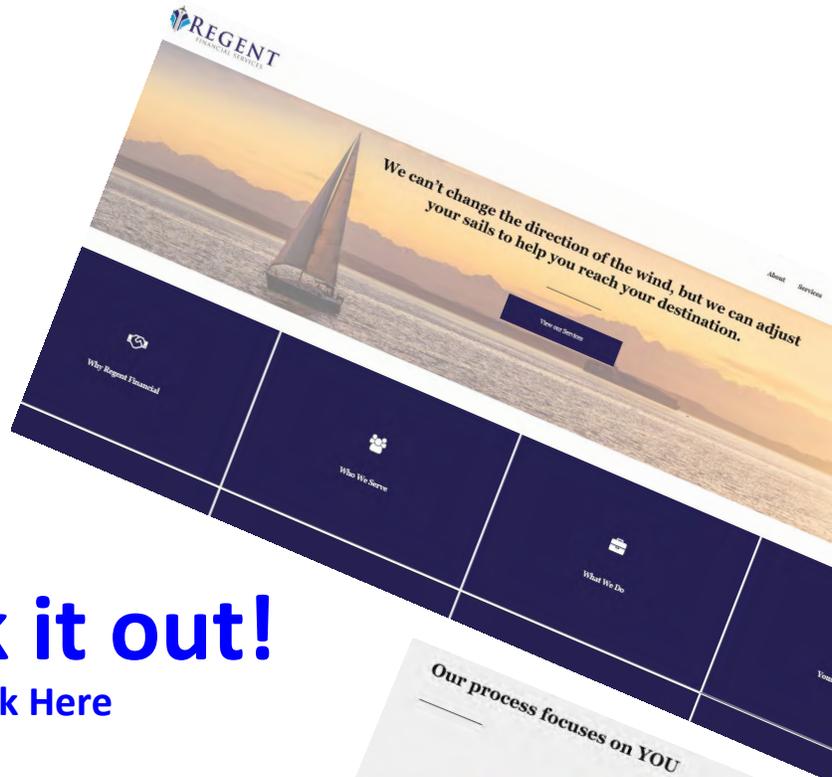
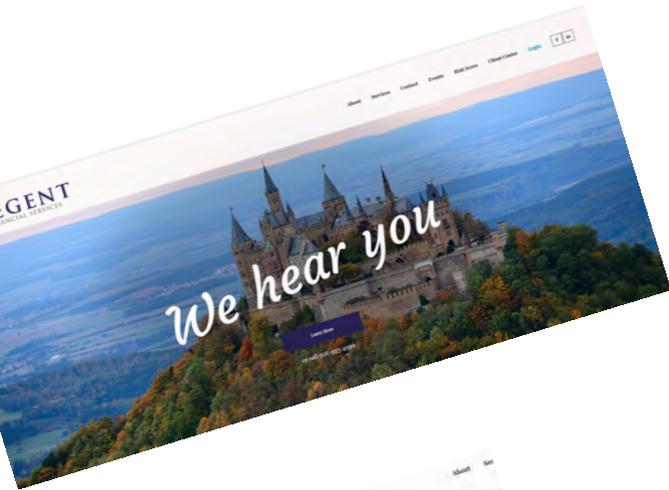
Heather states, "I took this vacation with my sister to the Isle of Mull to see where my ancestors came from. It was such an amazing experience!"





Drumroll Please...

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