



## Here's what we've been up to!

### Dave

Dave has been swimming many laps in the pool as a member of the Sylvania Masters Swim Club. He enjoys the exercise and camaraderie at 5:30am!



### Joan

Joan is busy as usual with the kids and grandkids who are always on the move and growing quickly! Attached is one of Joan's recipes that's sure to please!

### Laura

Spring is here and Laura has been busy prepping for summer adventures!! Laney, the daughter of a fellow staff member received a big girl bed and was kind enough to give her toddler bed to "Ramona the Great" as she continues to heal her injured leg. The newest addition, "Jack", a Bernese Mountain dog, was adopted by Laura's middle daughter Rachel. Rachel is a college student studying psychology and has trained services dogs for the Toledo Ability Center and has fostered over 65 animals since she was young. "Jack" and "Ramona" have quickly become the best of friends living only a mile down the road from each other!



## Let's catch up!

It's important that we remain in the know about any personal or financial changes that could affect your account.

Contact us today if you've recently experienced a significant life change (new home, marriage, divorce, job change, birth of a child, retirement, etc.), or to update your contact information.

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## Spring Cleaning Hacks

- Use a lint roller to grab dust on lampshades!
- If your sponges are getting funky smell to them, quickly clean and disinfect them by soaking them in water and then zapping them in the microwave for one to two minutes!
- Dust with dryer sheets! Dryer sheets not only lock dust in, but they also leave behind a residue that actually REPELS dust from settling back onto the surface. They also leave behind a fresh scent!

## Joan's Cooking Corner

### Creamy Chicken Breast in Spinach Parmesan Sauce

Serves: 3 | Prep Time: 5 Minutes | Cook Time: 20 Minutes



#### Ingredients:

- 2 chicken breasts
- 3 tablespoons butter, divided
- 1/2 teaspoon salt and pepper (or to taste)
- 1 teaspoon oregano
- 1 medium onion, minced
- 4 cloves garlic, minced
- 1 small jar sun-dried tomatoes (drained from oil and chopped)
- 1/2 cup chicken broth
- 1/2 cup heavy cream
- 1/3 cup grated Parmesan cheese
- 1 cup spinach

#### Directions:

1. To make the creamy chicken breast recipe: Thoroughly season chicken breasts with salt, pepper, and 1/2 teaspoon oregano on both sides.
2. In a large skillet, melt 2 tablespoons butter with a bit of oil from the sun-dried tomatoes over medium-high heat. Add chicken breasts and cook for about 4 minutes on each side until browned. Once done and no longer pink, transfer grilled chicken breasts to a plate and set aside.
3. To make the creamy spinach parmesan sauce, add the remaining tablespoon butter to the same pan. Cook onion, garlic, 1/2 teaspoon oregano and sun-dried tomatoes. Slowly add chicken broth, heavy cream, and Parmesan cheese and mix to combine until smooth while simmering for 2-3 minutes. Adjust seasoning with salt and pepper.
4. Add spinach to the mixture and continue cooking until wilted. Add the chicken breasts back to the pan and reheat for 2-3 minutes. Serve the creamy chicken with spinach and parmesan sauce immediately, garnished with fresh chopped parsley. Enjoy!

### We'd love to hear from you!

Schedule a meeting with Dave using our convenient Calendly link!



If you or someone you know is tired of working for someone else, feels undervalued and micromanaged, or just needs a change, consider joining the Bodner Team!



#### Desired Qualifications:

- Previous business or sales experience
- Licensed in Life, Disability, Long Term Care, and Annuities

[Send resume and cover letter to LFrye@financialguide.com](mailto:LFrye@financialguide.com)

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