



Take This Route to  
Career Advancement .....1

Make It SAFER to  
Stop Work .....1

Health in the News .....2

Monthly Quiz .....2

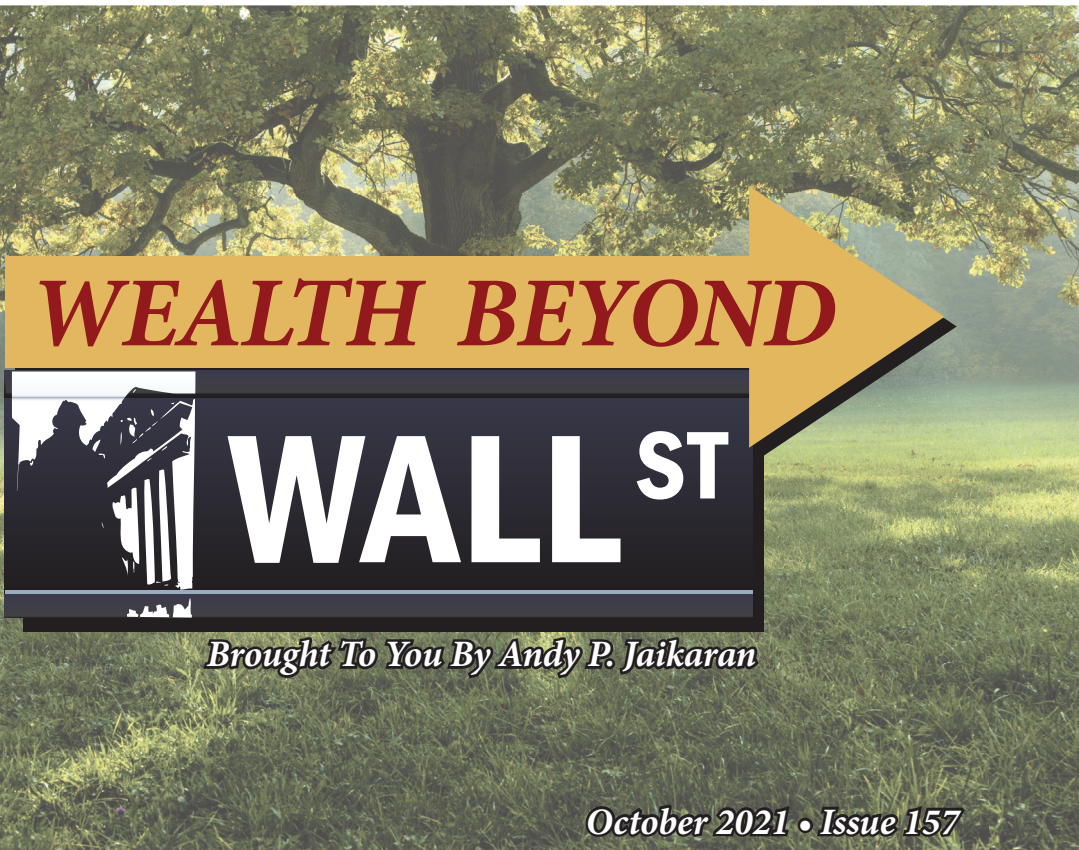
Did You Know? .....2

Recipe of the Month .....3

Thoughts of the Month .....3

Heed This Unpleasant  
Money Advice .....4

Get Loud When Your  
Child Gets Lost .....4



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## Take This Route to Career Advancement

You're ambitious and want to advance in your job. It won't happen overnight—you have to take active steps to move up in your career. Follow this advice from the BioSpace website:

- **ALWAYS KEEP LEARNING:** Knowledge is crucial to career success. You'll never get to the point where you know everything necessary for the future. Keep your mind open to new facts and opportunities to master new skills.
- **SET GOALS THAT MATTER:** To achieve what you want, you have to map it out in detail. Decide what's important to you and focus on that. Set goals daily and for the long term to keep yourself motivated.
- **GET ORGANIZED:** Learn to manage your time effectively. Keep your workspace clear of distractions. Eliminate redundant or pointless tasks. This will help you concentrate on accomplishing what's important.
- **SUPPORT YOUR TEAM:** Don't be selfish. Helping your team achieve its goals positions you as a reliable worker—someone others will support in turn. You'll earn respect and help build a strong network that will help you advance.
- **TAKE CARE OF YOUR HEALTH:** Get enough sleep, exercise regularly, cut back on junk food, and relax as needed. You need the energy that only a healthy lifestyle can provide to stay productive for the long haul.



## Make It SAFER to Stop Work

Every workplace should have a "Stop Work Authority" policy, according to the Onsite Safety website. You can keep the process simple by remembering the word SAFER:

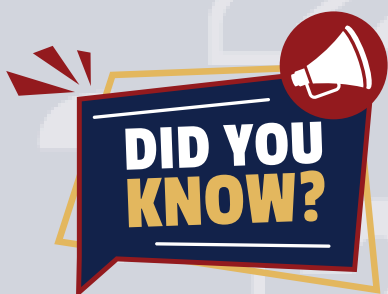
- **STOP WORK:** Every employee should have the authority to stop work anytime he or she spots a safety hazard. Sometimes the need may be immediate; in less urgent cases, the employee should request a stop work order from a supervisor.
- **ASSESS:** Evaluate the situation.
- **FILE A REPORT:** Document the action, including the initial problem and steps taken to resolve it.
- **ELIMINATE THE HAZARD:** Do what's necessary to restore safe conditions.
- **RESUME:** Once the problem has been recorded and rectified, return to work.

# MONTHLY QUIZ

1. In the 2008 superhero film *The Dark Knight*, which actor played the character Batman?

2. Released in 1988, "Kokomo" is a song by which American rock band?

3. American politician and diplomat Madeleine Albright was born in what central European country?



1. 9% of people skip breakfast daily.

2. Chocolate manufacturers use 40% of the world's almonds.

3. 90% of people depend on alarm clocks to wake up.

4. 21% of people don't make their bed in the morning.

5. 85% of women wear the wrong size bra.

6. The number 1 reason why people purchase a mobile phone is for safety.

7. Per person, France consumes the most cheese.

8. The Earth experiences over 50,000 earthquakes a year.

9. 75% of people wouldn't give up their spouse for a night for \$1,000,000.

10. M\*A\*S\*H stood for "Mobile Army Surgical Hospital".

Thanks [www.did-you-knows.com](http://www.did-you-knows.com) page 31!

## Health In The News

### *Time to get that long-delayed check-up?*

You may have put off going to the doctor for your regular checkup. Minor ailments may not have seemed worth the time—or the risk. Now that things are getting back to normal, you can safely schedule an appointment again. Here's what to do, counsels U.S. News & World Report::



- **DON'T BE EMBARRASSED:** You may worry that the staff will criticize you for putting off your checkup. Just remember that the pandemic was stressful for everyone. You have the right to take care of yourself as best you can while maintaining your physical and mental health..
- **DOCUMENT YOUR STATS:** In the days or weeks before your appointment, start keeping track of key metrics like your weight, blood pressure, blood sugar (if you have diabetes) and other factors affecting your overall health, like fatigue, shortness of breath, or irritability..
- **PREPARE QUESTIONS:** Come in with a list of questions to ask your doctor. Write down the answers. You don't want to forget anything crucial regarding your health.
- **SET GOALS:** Work with your doctor on some realistic goals for better health—mild exercise, medications, meditation, and other strategies. Remember that even small steps can have a big impact over time.
- **DON'T IGNORE NEW SYMPTOMS:** If you experience any sudden problems, like chest pain, don't wait for your appointment. Call your doctor immediately and, if necessary, go to the ER.
- **KEEP DOCTORS INFORMED:** After your appointment, let your doctor know if you're having side effects or negative reactions to any medications or activities, or if a prescription is too expensive for you. Remember that your mutual goal is to keep you healthy for the long run.

### *Keep Students Safe on the Walk to School.*

Kids may already have started school again, but it's never too late to review safety practices for getting there and back without accidents. Follow this advice from the NSW Government website::

- **STAY ALERT AND AWARE OF SURROUNDINGS:** As you walk to and from school, pay attention to cars, bikes, dogs, driveways, and anything else that might pose a danger. Teach kids to watch where they're going at all times.
- **HOLD HANDS WITH YOUNG CHILDREN:** On the sidewalk, crossing streets, in parking lots, and anywhere else with potential danger, always hold your child's hand, at least until they're 8, and keep a close eye on them until they're at least 10.
- **CROSS WITH CARE:** Make a point of always crossing at a corner, waiting for the light, looking both ways, and watching your step as you cross the street. Explain the importance of crossing safely.
- **SET THE RIGHT EXAMPLE:** Don't cut across the street in the middle of the block and then tell your child to always walk to the corner. Kids pay attention to what you do, and they'll follow your lead, for better or for worse.

## Meatball Mummies

These Meatball Mummies are a fun, easy, and delicious Halloween finger food idea. They are store-bought meatballs, wrapped in crescent dough, and topped with marinara and olives.

### INGREDIENTS

- 1 tube crescent roll sheet
- 14 oz. frozen meatballs
- 4 oz. can sliced olives, drained
- Marinara sauce



### DIRECTIONS

Preheat oven to 350°F and line a baking sheet with parchment paper.

On a clean counter, roll out your crescent sheet. Cut into thin, 1/4 inch strips, lengthwise.

Gently wrap the crescent dough around a meatball and place on the baking sheet.

Spoon a small amount of marinara sauce onto the back of an olive and then stick it on the meatball as an eye. Repeat with another olive and place it next to the previous olive. Keep doing this until all the meatballs are decorated.

Bake for 15-20 minutes, until meatballs are hot and crescent dough is lightly browned.

Serve warm, with marinara sauce.



## THOUGHTS OF THE *Month*

*"When we do the best we can, we never know what miracle is wrought in our life or the life of another."*

-Helen Keller

*"Life is ten percent what happens to you and ninety percent how you respond to it."*

-Albert Einstein

## REFERRAL CORNER

I want to thank you for your referrals over the years. We always ask our clients, "If they can just refer us one client per year, it would help us immensely." We are grateful to everyone who's referred someone our way, and we always love to have new people become part of our inner circle of friends and family.

Answers to The Quiz on Page 2.

1. Christian Bale
2. The Beach boys
3. Czechoslovakia

## Heed This Unpleasant Money Advice

Some advice is tough to take, especially about money. The Inside website shares one financial planner's unwelcome words that more people should bear in mind:

- **YOU'RE NOT SAVING ENOUGH MONEY FOR RETIREMENT:** Chances are you're thinking you've got enough time to start putting money aside for your later years. Unless you're already wealthy, you're probably wrong. Take a look at your income and assets, determine when you want to retire, and calculate realistically how much money you'll need to live the rest of your life comfortably. If you've got children, don't forget to start saving for college early, too.
- **BE COMFORTABLE WITH RISK:** The economy and the stock market are uncertain, but you can't play it safe all the time. Don't panic when the stock market goes down. Remember that you're in it for the long haul and stick to your investment plan. The economy is cyclical, so eventually things will swing back to positive territory.
- **YOU CAN'T AFFORD THAT MUCH HOUSE:** Monthly payments are only part of the expense in owning a home. Taxes, maintenance, repairs, and everything else adds up quickly. Don't be too quick to buy the biggest house you can get a mortgage for. Get a reasonable loan that you can live with as other expenses come and go.



## Get Loud When Your Child Gets Lost

It's every parent's worst nightmare—losing your child in a grocery store or shopping mall. What should you do when you glance down and realize your child isn't standing beside you?

The PopSugar website suggests making some noise. Instead of just looking around, loudly announce that you're looking for someone: "I'm trying to find my son, he's eight, in a red shirt and jeans," for example. This puts everyone else within earshot on alert, and they'll start looking too.

Most of the time they'll spot him right away and bring him over. In the very unlikely event that someone is actually trying to kidnap your child, that person will likely give up and flee rather than risk being seen and caught.



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