

THRIVE TIMES

March 2024 Newsletter



SPRING INTO HEALTH: A GUIDE FOR RETIREES & PRE-RETIREEES

Spring symbolizes renewal and growth, making it the perfect season to rejuvenate your health. Here are some tips to help you make the most of this vibrant season.

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THRIVE IN THE COMMUNITY

Beginning April 2024, Thrive will be the main sponsor for **Caffeine & Octane, a Cars & Coffee Event** hosted at 500 Office Center Drive. We are excited to support our local community through a love of cars and we hope to see you there! For more information, join the Facebook group by clicking here: [JOIN GROUP](#) or visit their website [HERE](#).



Spring Into Health

Spring symbolizes renewal and growth, making it the perfect season to rejuvenate your health. Here are some tips to help you make the most of this vibrant season.

1. Embrace Outdoor Activities

- **Take Daily Walks:** Enjoy the warmer weather and blooming nature by taking daily walks in your local park or around your neighborhood.
- **Gardening:** Engage in gardening to not only beautify your space but also to enjoy physical activity and the satisfaction of growing your own fruits and vegetables.
- **Cycling:** Consider taking up cycling. It's a great way to explore your surroundings while improving cardiovascular health.

2. Refresh Your Diet

- **Seasonal Produce:** Incorporate spring vegetables and fruits into your diet. Asparagus, strawberries, and leafy greens are not only delicious but packed with vitamins and minerals.
- **Hydration:** With warmer weather, it's crucial to stay hydrated. Aim for 8-10 glasses of water a day, and enjoy hydrating foods like cucumbers and watermelons.

3. Spring Cleaning for Mental Health

- **Declutter Your Space:** Use this time to declutter your living space. A clean and organized environment can significantly reduce stress and improve mental clarity.
- **Digital Detox:** Consider a digital detox to reduce screen time. Spend more time connecting with nature and loved ones.

4. Join Community Events

- **Local Clubs or Groups:** Look for local clubs or groups that align with your interests. Whether it's a book club, hiking group, or gardening society, connecting with others can boost your mood and provide a sense of belonging.
- **Volunteering:** Volunteering can be incredibly fulfilling and a great way to stay active. Look for opportunities in local community centers, parks, and non-profit organizations.



Spring Into Health

5. Stay Active Indoors

- **Exercise Classes:** Join exercise classes designed for retirees, such as yoga, Pilates, or water aerobics. These can improve flexibility, strength, and balance.
- **Home Workouts:** On less favorable weather days, consider home workouts. Online platforms offer various exercise programs that cater to all fitness levels.

6. Schedule Health Check-ups

- **Annual Screenings:** Spring is a good time to schedule any annual health screenings or check-ups. Staying on top of your health can prevent issues before they start.
- **Vaccinations:** Ensure you're up to date with vaccinations, including the seasonal flu vaccine if recommended.

7. Learn Something New

- **New Hobbies:** Take up a new hobby or learn a new skill. Whether it's painting, photography, cooking, or learning a musical instrument, engaging in new activities can stimulate your mind and enrich your life.



This spring, take the opportunity to focus on your health and well-being. By embracing these tips, you can enjoy a season full of vitality, connection, and joy. Remember, it's never too late to make positive changes in your life.

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Team Thrive Update: Celebrating Excellence at Thrive

This year's annual company party was not just a gathering; it was a grand celebration of our most valuable asset—our team members! Amidst an evening filled with laughter, music, and camaraderie, we took a moment to shine a spotlight on the exceptional talents and achievements within our ranks.



In a special awards section, we recognized the hard work, creativity, and dedication of our team. Awards were presented in various categories, celebrating achievements from exemplifying our core values to our MVP. Each recipient was honored not just with a trophy but with heartfelt commendations, underscoring the impact of their contributions to our collective success.

This annual celebration is a testament to our commitment to fostering a supportive and appreciative culture. It's our way of saying thank you to our team for their unwavering dedication and for going above and beyond in their roles.

As we look back on a night filled with joy and recognition, we're reminded of the strength that lies in our unity and the incredible potential of our team. Here's to more successes, more achievements, and more unforgettable celebrations together!

Celebrating Excellence at Thrive Award Winners



Core Value Award

Recipients

Matt Murphy
Brittany Hodge
Jake Weiner
Christopher Bak
Becky Stronger

Relationship Advisor of the Year

Stacey Cohen

Rookie of the Year

Sascha Keitz

MVP

Samantha Bezar

Advisor Excellence

Grant Frederick
Jeff Walker
Erik Schuster

COOKING CORNER

KEEPING IT SIMPLE

For a baked good with such simple ingredients, soda bread has the range. Light and cake-like or dense and hearty, it all tastes good with Irish butter.

IRISH SODA BREAD

- 4 cups all-purpose flour (16 ounces)
- 1 teaspoon fine sea salt
- 1/2 teaspoon baking soda
- 1 1/2 to 2 cups buttermilk, shaken
- Good butter, such as Kerrygold, for serving

Step 1: Preheat the oven to 400°F and line a sheet pan with parchment paper. In a large bowl, whisk together the flour, salt, and baking soda until well combined. Make a well in the center of the dry ingredients and pour in 1 1/2 cups buttermilk.

Step 2: Using your hands or a wooden spoon, mix the ingredients until a loose dough forms. You're looking for a dough that's soft but not overly sticky or wet, and that holds together enough to make a loaf that can hold its shape on the sheet pan. If the dough is dry and crumbly, add up to 1/2 cup additional buttermilk, a tablespoon or so at a time, until it comes together.

Step 3: When the dough is just mixed together — no streaks of flour or buttermilk — transfer it to the parchment-lined sheet pan. Using your hands, form the dough into a round that's roughly 8 inches in diameter. Using a paring knife, cut a large "X" across the top of the loaf.

Step 4: Bake until soda bread is nicely browned and sounds hollow when tapped on the bottom of the loaf, about 45 minutes. Let cool on the baking sheet until just warm, then slice and eat with good butter. To store, wrap in a slightly damp tea towel to prevent the crust from getting too hard and keep on the counter.





TEAM THRIVE UPDATES

WELCOME TO THE WORLD!

Relationship Advisor Chris Bak and his wife, Cristina, welcomed a baby boy at the end of January. Team Thrive is ecstatic for them and their now family of 4!



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TEAM MEMBER OF THE MONTH

Congratulations to Christopher Bak on being inducted into the Thrive Wall of Fame for December 2023!



SEMINARS AT YOUR FINGERTIPS

Want to attend one of our events but can't seem to make it? Introducing our online web-class series! During these virtual MasterClasses, we will be covering tax planning strategies that you may be able to take advantage of. Register today!

[REGISTER NOW](#)



QUESTIONS? LET'S GET CONNECTED!

Our mission at Thrive is to take the time to learn your personal financial situation and history, so that we can help you develop a personalized retirement strategy. Whether you're just getting started or are ready to retire, our team is here for you every step of the way.

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YOUR ROADMAP TO THRIVE™

With our approach, you can turn problems into
possibilities

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